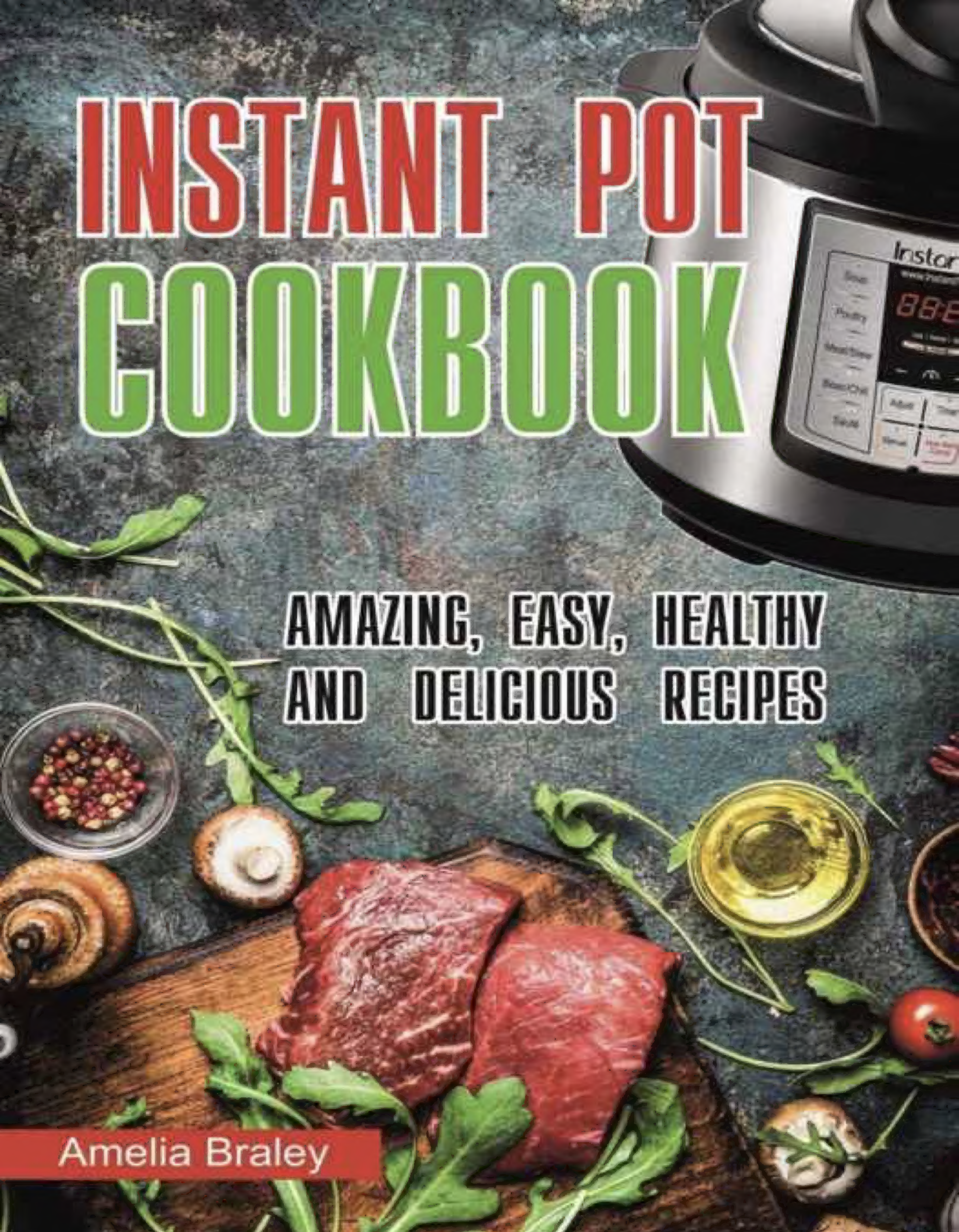
INSTANT POT COOKBOOK

AMAZING, EASY, HEALTHY AND DELICIOUS RECIPES



Amelia Braley

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Introduction

Instant pots are one of the most popular kitchen gadgets nowadays that is taking over the world, invading every kitchen and every home in no time because it is truly lifesaving!! Gone are the times where you have to spend your days stuck in the kitchen scrubbing pot and cleaning pans, gone are the times where you spend the whole day preparing meals for your family until you completely forget about your own needs because you are stuck in a boring routine and you can't get out of it!

The instant pot is your know cooker, you don't have to use multiple pans and pots at the same time, you don't have to spend most of your day cleaning kitchen utensils and you definitely don't have to ruin your fingernails anymore!! An instant pot is basically a combination of multiple pots that been combined in one gadget to make everything easier for you!! It can include a pressure cooker, a steamer, slow cooker, yogurt maker, rice cooker, slow cooker...and several other features!! if you don't need all these features, you can always choose the instant pot that include the

features that you want then enjoy an easier life and that is free of stress.

In addition to saving your time, the instant pot was also made to save your money, for you don't have to cook in electric or gas stove most of the day when you can cook in you electric instant pot for few hours and sometimes minutes only during the whole day, who doesn't want to save some extra cash!!!

Are you thinking that you don't know how to cook in an instant pot and you don't have any recipes for it? We've got you covered!!! 100 tasty recipes that goes from breakfast to snacks and side dishes, lunch, dinner and dessert!! 20 recipes in each category; which means we've got you covered and you don't have to worry anymore!!! It doesn't matter if you are excellent or you don't have a clue when it comes to cooking; for the recipes in this book are so easy to prepare and the instructions are so explicit and they will guide and teach all that you need to know!!!

With this cookbook and you instant pot, you can start cooking like a pro!

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Breakfast

Cinnamon Quinoa Bowl

(Prep Time: 15 min | Cooking Time: 1 min | Servings 2)

Ingredients:

- 1 ¼ cups of water
- 1 ½ cups of quinoa
- 1 cup of coconut milk
- 2 tablespoons of maple syrup
- ½ tablespoon of cocoa powder
- ½ teaspoon of vanilla extract
- ¼ teaspoon of cinnamon
- Salt

Directions:

1. Combine the coconut milk with water, quinoa, cocoa powder, vanilla and maple syrup, cinnamon and a pinch of salt and in an instant pot.
2. Put on the lid and cook the quinoa for 1 min on high pressure.

3. Once the time is up, use the natural method to release the pressure.
4. Serve your quinoa with your favorite toppings and enjoy.

Instant Creamy Yogurt

(Prep Time: 20 min | Cooking Time: 8 h 10 | Servings 4)

Ingredients:

- 4 cups of milk
- 1 cup of water
- 4 teaspoons of live cultures

Directions:

1. Pour the water in instant pot then lower in it a steamer rack.
2. Pour the milk in a container and place it in the steamer rack.
3. Put on the lid and press the steam button then steam the milk for 1 minute and use the natural method to release the pressure.
4. Allow the milk to cool down until it reaches 115 F then stir into it the live cultures until they dissolve.
5. Place the milk mix back into the pot and put on the lid then press the yogurt button and let it cook according to the programmed time on you instant pot.
6. Once the time is up, open the instant pot according to the manufacturer's instruction then serve your yogurt with you favorite toppings and enjoy.

Ham Bacon Quiche

(Prep Time: 20 min | Cooking Time: 30 min | Servings 4)

Ingredients:

- 6 eggs
- 1 cup of cheddar cheese, shredded
- 1 cup of loose sausages
- ½ cup of ham, diced
- ½ cup of milk
- 2 green onions, finely chopped
- 4 strips of bacon, cooked
- Black pepper
- Salt

Directions:

1. Pour 1 ½ cups of water in an instant pot then lower in it a trivet.
2. Combine the milk with eggs, a pinch of salt and pepper in a large bowl then beat them.
3. Stir in the cheese with onion, bacon, ham and sausages in a greased soufflé dish.
4. Place the soufflé dish on the trivet in the instant pot and cover it loosely with a piece of foil.
5. Put on the lid and cook the soufflé for 30 min on high pressure.
6. Once the time is up, turn off the instant pot and let it sit for 10 min then use the quick method to release the pressure.
7. Serve your quiche and enjoy.

Apricot Oatmeal Bowl

(Prep Time: 15 min | Cooking Time: 3 min | Servings 4)

Ingredients:

- 3 cups of water
- 1 cup of coconut milk
- 2 cups of rolled oats
- 1cup of apricots, finely chopped
- 1 teaspoon of vanilla extract
- Salt

Directions:

1. Stir the vanilla extract with coconut milk, apricots, oats, water and a pinch of salt in an instant pot.
2. Put on the lid and cook the oatmeal for 3 min on high pressure.
3. Once the time is up, use the quick method to release the pressure.
4. Serve your creamy oatmeal warm with your favorite toppings and enjoy.

Vanilla Bread Pudding

(Prep Time: 20 min | Cooking Time: 25 min | Servings 4)

Ingredients:

- 6 slices of cinnamon bread, diced
- 3 cups of milk
- ¾ cup of sugar
- 3 eggs
- 1 teaspoon of vanilla extract
- Salt

Directions:

1. Whisk the sugar with milk, eggs, vanilla and a pinch of salt in a large mixing bowl.
2. Stir in the bread dices then cover the bowl with a plastic wrap and let it sit for 15 min in the fridge.
3. Once the time is up, wrap the bowl tightly in a piece of foil.
4. Place a trivet in the instant pot and put the pudding bowl on it.
5. Put on the pot lid and cook the pudding for 25 min on high pressure.
6. Once the time is up, use the natural method to release the pressure.
7. Allow the pudding to cool down completely then serve it and enjoy.

Creamy Potato Salad

(Prep Time: 20 min | Cooking Time: 4 min | Servings 4 to 8)

Ingredients:

- 6 large russet potatoes, diced
- 4 eggs
- 1 medium carrot, sliced
- 1 ½ cup of water
- 1 cup of mayonnaise
- ¼ cup of white onion, finely chopped
- 2 tablespoons of fresh parsley, finely chopped
- 1 tablespoon of mustard
- Black pepper
- Salt

Directions:

1. Pour the water in an instant pot then lower in it a steamer basket.
2. Place the carrot with potato in the basket and top them with the eggs.
3. Put on the lid and cook them for 4 min on high pressure.
4. Use the quick method to release the pressure then place the eggs right away in some cold water to prevent them from cooking any further.
5. Allow the potato and carrot to cool down competently.
6. Mix the mayonnaise with mustard, parsley, onion, a pinch of salt and pepper in a small bowl.
7. Toss the potato and carrot with the mayonnaise mix in a large bowl.
8. Peel the eggs and cut them in half then place them on the potato salad.
9. Adjust the seasoning of the salad then serve it and enjoy.

Creamy Coconut Pudding

(Prep Time: 20 min | Cooking Time: 1 h | Servings 4)

Ingredients:

- 28 ounces of sweetened condensed milk
- 3 cups of unsweetened coconut milk
- 2 cups of unsweetened almond milk
- 1 cup of water
- 1 cup of aborio rice
- 3 cinnamon sticks
- ¼ teaspoon of vanilla extract
- Salt

Directions:

1. Stir the cinnamon with vanilla, condensed milk and coconut milk, almond milk, water, rice and a pinch of salt in an instant pot.
2. Put on the lid and cook the pudding for 15 min on high pressure.
3. Once the time is up, use the natural method to release the pressure.
4. Discard the cinnamon sticks then adjust the seasoning of the pudding.
5. Serve your pudding with your favorite toppings and enjoy.

Cheesy Ham Casserole

(Prep Time: 15 min | Cooking Time: 7 h | Servings 4 to 6)

Ingredients:

- 16 ounces of potato, peeled and diced
- 6 eggs
- 1 cup of cheddar cheese, shredded
- 1 cup of ham, diced
- ½ cup of milk
- 1 small yellow onion, diced
- Black pepper
- Salt

Directions:

1. Whisk the eggs in a large bowl with a pinch of salt and pepper then stir into it the cheese with ham, onion, milk and potato, a pinch of salt and pepper.
2. Pour the mix into a greased instant pot.
3. Put on the lid then cook it for 7 h on low by using the slow cooker feature.
4. Once the time is up, use the quick method to release the pressure then serve your casserole warm and enjoy.

Sticky Cinnamon Rolls

(Prep Time: 15 min | Cooking Time: 1 h | Servings 8)

Ingredients:

- 1 package of cinnamon rolls
- ½ cup of light brown sugar
- 4 tablespoons of butter

Directions:

1. Combine the butter with brown sugar in a small bowl then stir them for 3 min on low heat until they completely melt to make the caramel sauce.
2. Place the cinnamon rolls in a greased instant pot then pour the caramel sauce all over them.
3. Put on the lid and cook the cinnamon rolls for 1 h on high pressure.
4. Once the time is up, serve your cinnamon rolls warm and enjoy.

Chocolate Bread

(Prep Time: 20 min | Cooking Time: 1 h 30 min | Servings 8 to 12)

Ingredients:

- 2 ½ cups of purpose flour
- 1 cup of warm milk
- ¾ cup of honey
- ¼ cup of butter, melted
- 1 tablespoon of rapid rise yeast
- 1 tablespoon of granulated sugar
- 1 tablespoon of cocoa powder
- 2 teaspoons of molasses
- 1 teaspoon of instant coffee
- Salt

Directions:

1. Stir the milk with yeast and sugar in a small bowl then let them sit for 5 min.
2. Add to them the melted butter with molasses, 1 ¼ cup of flour and a pinch of salt then knead them until you get a soft dough.
3. Allow the dough to rest for 2 min then add to it the coffee with the remaining flour, cocoa powder and honey.
4. Knead the dough until it becomes soft again for 4 to 5 min then allow it to rest for 5 min.
5. Cut the dough into 12 pieces then fit them in a lined up instant pot.
6. Put on the lid and cook the bread for 1 h 30 min.
7. Once the time is up, use the quick method to release the pressure.
8. Serve your bread and enjoy.

Hard Boiled Breakfast Eggs

(Prep Time: 10 min | Cooking Time: 5 min | Servings 6)

Ingredients:

- 6 eggs or as many as you want
- 1 cup of water

Directions:

1. Place the eggs in the steamer basket of an instant pot.
2. Pour the water in instant pot then lower in it the basket.
3. Put on the lid and cook the eggs for 5 min on high pressure.
4. Once the time is up, let the eggs sit for 5 min then use the quick method to release the pressure.
5. Serve your eggs and enjoy.

Oatmeal Apple Bowl

(Prep Time: 20 min | Cooking Time: 1 h | Servings 4)

Ingredients:

- 2 ½ cups of water
- 1 ½ cup of rolled oats
- 1 cup of coconut milk
- 2 granny smith apples, diced
- 2 tablespoons of granulated sugar
- 1 tablespoon of brown sugar
- Salt

Directions:

1. Stir the milk with water, oats, cinnamon, brown and granulated sugar, apples and a pinch of salt in an instant pot.

2. Put on the lid and cook it for 3 h on high by using the slow cooker feature in your instant pot.
3. Once the time is up, use the natural method to release the pressure then serve your apple oatmeal bowl and enjoy.

Fruity Porridge

(Prep Time: 15 min | Cooking Time: 8 h | Servings 6 to 8)

Ingredients:

- 8 cups of water
- 2 cups of steel cut oats
- ½ cup of raisins
- ½ cup of fresh dates, finely chopped
- ½ cup of dry cranberries, finely chopped
- ½ cup of apricots, finely chopped
- 1 ½ teaspoons of cinnamon
- 1 teaspoon of vanilla extract
- 1/8 teaspoon of nutmeg powder
- 1/8 teaspoon of cloves powder
- Salt

Directions:

1. Stir the raisins with oats, vanilla, cinnamon and water, dates, cranberries, apricots and nutmeg, cloves and a pinch of salt in an instant pot.
2. Put on the lid and cook porridge 8 h on low by using the slow cooker feature in the instant pot.
3. Once the time is up, serve your porridge with your favorite toppings and enjoy.

Loaded Instant Sausage Quiche

(Prep Time: 20 min | Cooking Time: 2 h 13 min | Servings 5 to 6)

Ingredients:

- 12 ounces of loose turkey sausages
- 7 eggs
- 1 cup of cheddar cheese, grated
- ¾ cup of cottage cheese
- ½ green bell pepper, diced
- ¼ cup of white part of green onions, thinly sliced
- 2 teaspoons of olive oil
- Black pepper
- Salt

Directions:

1. Heat 1 ½ teaspoons of olive oil in a large pan and brown in it the sausages for 8 to 10 min then drain it and set it aside.
2. Heat the remaining oil in the same pan and sauté in it the onion for 3 min.
3. Toss the brown sausages with onion, bell pepper, cheddar and cottage cheese in a large bowl then season them with a pinch of salt and pepper and spread the mix in the bottom of a greased instant pot.
4. Beat the eggs in a mixing bowl with a pinch of salt and pepper then pour it all over the sausages mix.
5. Put on the lid and cook the quiche for 2 h on low.
6. Once the time is up, serve your quiche and enjoy.

Instant Spinach Frittata

(Prep Time: 20 min | Cooking Time: 3 h 6 min | Servings 6 to 7)

Ingredients:

- 8 ounces of baby kale
- 5 ounces of feta cheese, crumbled
- 8 eggs, beaten
- ¼ cup of the white part of green onion, sliced
- ½ tablespoon of olive oil
- Black pepper
- Salt

Directions:

1. Heat the oil in a large pan and cook in it the kale for 5 to 6 min then transfer it into a mixing bowl and allow it to cool down for 5 min.
2. Add the beaten eggs with onion, feta cheese, a pinch of salt and pepper and stir them then pour the mix into a greased instant pot.
3. Put on the lid and cook the frittata for 3 h on low by using the slow cooker feature in the instant pot.
4. Once the time is up, use the quick method to release the pressure then serve your frittata and enjoy.

Berry Peach Oatmeal

(Prep Time: 15 min | Cooking Time: 4 h | Servings 4)

Ingredients:

- 15 ounces of canned peaches in light syrup
- 3 ½ cups of milk
- 1 cup of steel cut oats
- ½ cup of fresh blueberries
- Salt

Directions:

1. Stir the cut oats with peaches in their syrup, milk and a pinch of salt into a greased instant pot.
2. Put on the lid and cook the oatmeal for 4 h on low.
3. Once the time is up, allow the peachy oatmeal to sit for 5 min then use the quick method to release the pressure.
4. Serve you berry peach oatmeal warm and enjoy.

Greek Tomato Frittata

(Prep Time: 15 min | Cooking Time: 2 h | Servings 4)

Ingredients:

- 6 eggs
- 2 cups of cherry tomatoes, quartered
- 1 small onion, finely chopped
- ½ cup of milk
- ½ teaspoon of garlic powder
- Black pepper
- Salt

Directions:

1. Beat the eggs in a large bowl with the onion, tomato and milk, garlic, a pinch of salt and pepper in a mixing bowl.
2. Pour the mix into a greased instant pot.
3. Put on the lid and cook the frittata for 2 h on high by using the slow cooker feature.
4. Once the time is up, serve your frittata warm and enjoy.

Swiss Ham Frittata

(Prep Time: 15 min | Cooking Time: 2 h | Servings 4)

Ingredients:

- 6 eggs
- 1 cup of ham, diced
- ¾ cup of swiss cheese, shredded
- 3 mushroom, thinly sliced
- 1 small tomato, diced
- ¼ teaspoon of garlic powder
- Black pepper
- Salt

Directions:

1. Beat the eggs in a large bowl with the garlic powder, a pinch of salt and pepper.
2. Stir in the mushroom with tomato, cheese and ham.
3. Pour the mix into a greased ovenproof dish.
4. Place the ovenproof dish in an instant pot.
5. Put on the lid and cook the frittata for 2 h on high by using the slow cooker feature.
6. Once the time is up, serve your frittata and enjoy.

Artichoke Heart Omelet

(Prep Time: 15 min | Cooking Time: 3 h | Servings 6)

Ingredients:

- 14 ounces canned artichoke hearts
- 12 ounces of canned roasted red bell peppers, diced
- 4 ounces of feta cheese, crumbled
- 8 eggs
- ¼ cup of green onions, thinly sliced
- Black pepper
- Salt

Directions:

1. Drain the artichoke hearts and chop them roughly.
2. Beat the eggs in a large bowl then stir into them the onion with bell pepper, cheese and artichoke hearts, a pinch of salt and pepper.
3. Pour the mix into a greased instant pot then put on the lid and cook it for 2 h 30 min to 3 h on high by using the feature of the slow cooker.
4. Serve your omelet warm and enjoy.

Crunchy Breakfast Tacos

(Prep Time: 20 min | Cooking Time: 3 h | Servings 4 to 6)

Ingredients:

- 8 ounces of lean pork, minced
- 8 eggs
- 6 tortilla shells
- ¼ cup of cheddar cheese, shredded
- 3 tablespoons of coconut oil
- 2 tablespoons of parsley, finely chopped
- 1 tablespoon of olive oil
- 1 teaspoon of dry thyme
- 1 teaspoon of dry sage
- Black pepper
- Salt

Directions:

1. Mix the pork with sage, thyme, a pinch of salt and pepper in a mixing bowl.
2. Heat the olive oil in a large pan then cook in it the pork mix for 5 min then let it cool down for 5 min.
3. Beat the eggs in a large bowl with a pinch of salt then stir into them the cooked pork with parsley, cheese, a pinch of salt and pepper.
4. Pour the mix into a greased instant pot then put on the lid cook it for 2 h 30 on high by using the slow cooker feature.
5. Once the time is up, heat ½ tablespoon of coconut oil in a large skillet then warm in it a tortilla for 1 to 3 min on each side.
6. Repeat the process with the remaining oil and tortillas.
7. Dive the eggs mix in the tortillas then serve them and enjoy.

Snacks and Side Dishes

Herbed Polenta

(Prep Time: 20 min | Cooking Time: 9 min | Servings 4)

Ingredients:

- 4 cups of veggies broth
- 1 cup of polenta
- ½ cup of yellow onion, finely chopped
- 1/3 cup of sundried tomato, finely chopped
- 3 tablespoons of fresh basil, finely chopped
- 2 tablespoons of fresh parsley, finely chopped
- 2 teaspoons of fresh oregano, finely chopped
- 1 tablespoon of olive oil
- 1 teaspoon of garlic, minced
- Black pepper
- Salt

Directions:

1. Press the sauté button in the instant pot then heat in it the oil and sauté in it the onion for 3 min.
2. Add in the garlic and cook it for another minute.
3. Stir in the broth with polenta, tomato, oregano and parsley, basil, a pinch of salt and pepper.
4. Put on the lid and cook the polenta for 5 min on high pressure.
5. Once the time is up, let the polenta sit for 5 min then use the quick method to release the pressure.
6. Serve your polenta warm and enjoy.

Green Mexican Rice

(Prep Time: 15 min | Cooking Time: 3 min | Servings 2 to 3)

Ingredients:

- 1 ¼ cup of chicken broth
- 1 cup of long grain rice
- ½ ripe avocado, peeled
- ½ cup of fresh cilantro, finely chopped
- ¼ cup of green salsa
- Black pepper
- Salt

Directions:

1. Stir the broth with rice, a pinch of salt and pepper into an instant pot then put on the lid and cook them for 3 min on high pressure.
2. Once the time is up, use the natural method to release the pressure.
3. Transfer the cooked rice into a mixing bowl and set it aside.
4. Combine the cilantro with salsa, avocado, a pinch of salt and pepper in a food processor and blend them smooth to make the sauce.
5. Stir the sauce into the rice and fluff it with a fork then serve it and enjoy.

Instant Baked Potato

(Prep Time: 10 min | Cooking Time: 10 min | Servings 4)

Ingredients:

- 4 large sweet potato
- 1 cup of water

Directions:

1. Pour the water in an instant pot.
2. Place the sweet potato in the steamer basket then lower it into the instant pot.
3. Put on the lid and press the steam button then cook it for 10 min.
4. Once the time is up, release the pressure naturally then serve your sweet potato and enjoy.

Refried Beans Spread

(Prep Time: 20 min | Cooking Time: 45 min | Servings 6)

Ingredients:

- 2 pounds of dry pinto beans, rinsed and soaked for 15 min
- 4 cups of water
- 4 cups of chicken broth
- 1 ½ cup of yellow onion, finely chopped
- 1 jalapeno, finely chopped
- 3 tablespoons of vegetable shortening
- 2 teaspoons of dry oregano
- 1 ½ teaspoon of cumin
- Black pepper
- Salt

Directions:

1. Stir the onion with pinto beans, broth, oregano and jalapeno, onion, shortening, cumin, a pinch of salt and pepper into an instant pot.
2. Put on the lid and press the "Bean/Chili" then increase the time to 45 min and let it cook.
3. Once the time is up, use the wait for 10 min then use the quick method to release the pressure.
4. Allow the cooked beans mix to cool down slightly then transfer it into a food processor and blend it smooth on batches or use an Immersion blender.
5. Serve your refried beans spread and enjoy.

Zesty Brussels Sprouts

(Prep Time: 10 min | Cooking Time: 4 min | Servings 4)

Ingredients:

- 2 pounds of Brussels sprouts, trimmed
- ¼ cup of fresh orange juice
- 2 tablespoons of maple syrup
- 1 tablespoon of butter
- 1 teaspoon of orange zest, grated
- Black pepper
- Salt

Directions:

1. Stir the Brussels sprouts with orange zest, maple syrup, butter, orange juice, a pinch of salt and pepper into an instant pot.
2. Put on the lid and cook the Brussels sprouts for 4 min on high pressure.
3. Once the time is up, use the quick method to release the pressure then serve your Brussels sprouts and enjoy.

Roasted Potato

(Prep Time: 15 min | Cooking Time: 14 min | Servings 4 to 6)

Ingredients:

- 1 ½ pounds of baby potatoes, washed
- 1 cup of chicken broth
- ¼ cup of olive oil
- 1 teaspoon of garlic powder
- ½ teaspoon of onion powder
- ¼ teaspoon of paprika
- Black pepper
- Salt

Directions:

1. Toss the potato with olive oil in a large bowl.
2. Press the "sauté" button in an instant pot and cook in it the baby potatoes for 6 to 8 min.
3. Once the time is up, season them with paprika, garlic powder, a pinch of salt and pepper then add the broth gently.
4. Put on the lid and cook the potato for 7 min on high pressure.
5. Once the time is up, use the quick method to release the pressure then serve your roasted potato and enjoy.

Sausages and Cabbage Casserole

(Prep Time: 15 min | Cooking Time: 7 min | Servings 2 to 4)

Ingredients:

- 1 head of cabbage, roughly chopped
- 1 pound of turkey sausages, cut into chunks
- 1 yellow onion, diced
- 1 tablespoon of olive oil
- 2 teaspoons of Dijon mustard
- 2 teaspoons of sugar
- 2 teaspoons of balsamic vinegar
- 2 cloves of garlic, minced
- Black pepper
- Salt

Directions:

1. Press the "sauté" button on the instant pot and heat in it the onion then sauté in it the onion for 2 min.
2. Add in the sausages with garlic and sauté them for 3 min.
3. Stir in the mustard with cabbage, sugar, vinegar, a pinch of salt and pepper.
4. Put on the lid and cook them for 2 min on high pressure.
5. Once the time is up, use the quick method to release the pressure.
6. Serve your cabbage sausage casserole and enjoy.

Baked Pot Beans

(Prep Time: 15 min | Cooking Time: 1 h 7 min | Servings 4)

Ingredients:

- 2 cups of navy beans, soaked for 8 h
- 1 cup of bacon, diced
- 1 yellow onion, diced
- 1 cup of water
- 1 cup of chicken stock
- 1/3 cup of molasses
- 1/3 cup of brown sugar
- 1 tablespoon of Worcestershire sauce
- 1 tablespoon of balsamic vinegar
- 1 teaspoon of dry mustard
- Black pepper
- Salt

Directions:

1. Press the "sauté" button on an instant pot and cook in it the bacon for 3 min then drain it and set it aside.
2. Sauté the onion in the same pot for 4 min then stir in the broth with beans, bacon, molasses and Worcestershire sauce, water, sugar, mustard, a pinch of salt and pepper.
3. Put on the lid and press the "Bean/Chili" button then cook them for 1 h.
4. Once the time is up, use the quick method to release the pressure then serve you baked pot beans and enjoy.

Creamy Butternut Soup

(Prep Time: 20 min | Cooking Time: 1 h | Servings 4)

Ingredients:

- 3 cups of chicken broth
- 2 cups of butternut squash, peeled and diced
- 2 cups of sweet potato, peeled and diced
- 1 small yellow onion, diced
- 2 tablespoons of coconut oil
- 1 inch of fresh ginger, minced
- 1 teaspoon of cinnamon
- 1 teaspoon of dry tarragon
- ½ teaspoon of nutmeg powder
- ½ teaspoon of turmeric
- 1 clove of garlic, minced
- Black pepper
- Salt

Directions:

1. Press the "sauté" button on the instant pot and heat in it the coconut oil then sauté in it the garlic with onion and ginger for 4 min.
2. Stir in the broth with butternut squash, sweet potato, tarragon and turmeric, nutmeg, cinnamon, a pinch of salt and pepper.
3. Put on the lid and cook the soup for 10 min on high pressure.
4. Once the time is up, use the quick method to release the pressure and let the soup cool down for 10 min.
5. Blend the soup until it becomes smooth and creamy by using an Immersion blender or food processor then serve it and enjoy.

Hearty Chicken Noodles Soup

(Prep Time: 15 min | Cooking Time: 22 min | Servings 6 to 8)

Ingredients:

- 8 ounces of noodles
- 8 cups of chicken broth
- 2 cups of rotisserie chicken, shredded
- 3 stalks of celery, roughly hopped
- 2 carrots, sliced
- 1 yellow onion, finely chopped
- 1 teaspoon of dry oregano
- 1 teaspoon of dry basil
- 1 teaspoon of dry thyme
- 4 cloves of garlic, finely chopped
- Black pepper
- Salt

Directions:

1. Press the "sauté" button on the instant pot and melt in it the butter then sauté in it the celery with onion, garlic and carrot for 5 min.
2. Stir in the broth with thyme, oregano, chicken and basil, a pinch of salt and pepper then put the lid and cook the soup for 4 min on high pressure.
3. Once the time is up, use the quick method to release the pressure.
4. Cook the noodles according to the directions on the package.
5. Stir the noodles into the soup and adjust its seasoning then serve it warm and enjoy.

Chicken Pasta Salad

(Prep Time: 15 min | Cooking Time: 2 min | Servings 2 to 3)

Ingredients:

- 8 ounces of penne pasta
- 1 cup of raw chicken, diced
- 1 cup of artichoke hearts, drained and diced
- 1 cup of water
- ½ cup of pesto sauce
- ½ teaspoon of garlic powder
- Black pepper
- Salt

Directions:

1. Combine the pasta with chicken, garlic, a pinch of salt and pepper in an instant pot.
2. Put on the lid and cook them for 2 min on high pressure then use the quick method to release the pressure.
3. Toss the chicken and pasta with pesto sauce and artichoke hearts in a large bowl then season them with some salt and pepper.
4. Serve your salad and enjoy.

Mexican Tomato Rice

(Prep Time: 15 min | Cooking Time: 4 min | Servings 4)

Ingredients:

- 15 ounces of chicken broth
- 10 ounces of canned diced tomato
- 2 cups of long grain rice
- 2 tablespoons of butter
- 1 tablespoon of tomato paste
- ¼ teaspoon of garlic powder
- Black pepper
- Salt

Directions:

1. Press the "sauté" button on the instant pot and melt in it the butter then stir in the rice and cook it for 1 min.
2. Stir in the diced tomato with tomato paste, broth, garlic powder, a pinch of salt and pepper.
3. Put on the lid and cook the rice for 3 min on high pressure then use the quick method to release the pressure.
4. Serve your Mexican rice warm and enjoy.

Herbed Mashed Potato

(Prep Time: 25 min | Cooking Time: 7 min | Servings 4 to 6)

Ingredients:

- 2 pounds of russet potatoes, peeled and quartered
- 1 cup of milk
- 2 tablespoons of butter
- 1 teaspoon of dry parsley
- ½ teaspoon of dry sage
- ¼ teaspoon of dry thyme
- Black pepper
- Salt

Directions:

1. Place the potatoes in an instant pot steamer.
2. Pour 1 cup of water in the instant pot and lower in it the steamer with the potato then put on the lid.
3. Cook the potato for 7 min on high pressure then use the quick method to release the pressure.
4. Melt the butter in a small saucepan then stir into it the parsley with thyme and sage to make the sauce.
5. Mash the potato with a fork or potato masher then add to it the herbs sauce and mix them well then add in the milk slowly while mixing all the time until it becomes creamy.
6. Season the mashed potato with some salt and pepper then serve it and enjoy.

Crunchy Pot Fries

(Prep Time: 20 min | Cooking Time: 10 | Servings 4)

Ingredients:

- 16 ounces of russet potato, cut into French fries
- 1 cup of cold water
- ¼ teaspoon of baking soda
- Vegetable oil
- Salt

Directions:

1. Stir the water with baking soda in an instant pot then lower in it the steamer basket and place the potato in it.
2. Put on the lid and cook the potato for 2 min on high pressure then use the quick method to release the pressure.
3. Heat the vegetable oil in a large pot.
4. Pat the potato strips dry gently then fry them in the hot oil until they become golden brown.
5. Season your French fries with some salt then serve them and enjoy.

Marshmallow Sweet Potato Casserole

(Prep Time: 25 min | Cooking Time: 7 min | Servings 4)

Ingredients:

- 2 pounds of sweet potato, peeled and diced
- 8 ounces of marshmallow
- ½ cup of butter
- ½ cup of brown sugar
- 1 egg
- ½ teaspoon of cinnamon
- Black pepper
- Salt

Directions:

1. Pour 1 cup of water in an instant pot then place the potato in a steamer basket and lower it into the instant pot.
2. Put on the lid and cook the potato for 5 min on high pressure then use the quick method to release the pressure.
3. Mix the potato with egg, cinnamon, butter, sugar and a pinch of salt in large bowl then beat them with a mixer or an Immersion blender until they become smooth and creamy.
4. Pour the sweet potato mix into a greased baking dish then top it with the marshmallow.
5. Broil the sweet potato casserole in the oven for 1 to 2 min then serve it warm and enjoy.

Creamy Split Pea Soup

(Prep Time: 20 min | Cooking Time: 25 min | Servings 6)

Ingredients:

- 1 pound of green split peas
- 7 ounces of ham, diced
- 1 large carrot, diced
- 6 cups of water
- 1 yellow onion, diced
- 1 tablespoon of bouillon granules
- 1 teaspoon of olive oil
- 1 clove of garlic, minced
- Black pepper
- Salt

Directions:

1. Press the "sauté" button on the instant pot and heat in it the olive oil then sauté in it the garlic with carrot and onion for 5 min.
2. Stir in the water with split peas, bouillon granules, ham, a pinch of salt and pepper.
3. Put on the lid and cook the soup for 20 min on high pressure.
4. Once the time is up, blend them soup by using an Immersion blender or food processor then serve it warm and enjoy.

Lemon Rice Soup

(Prep Time: 20 min | Cooking Time: 9 min | Servings 4)

Ingredients:

- 1 pound of chicken breasts
- 5 cups of water
- 2 carrots, diced
- ½ cup of yellow onion, finely chopped
- ½ cup of celery, diced
- ¼ cup of rice
- 2 tablespoons of fresh lemon juice
- 2 tablespoons of fresh parsley, finely chopped
- 2 teaspoons of canola oil
- ¼ teaspoon of turmeric
- 2 cloves of garlic, finely chopped
- 3 thyme sprigs
- Black pepper
- Salt

Directions:

1. Press the "sauté" button on the instant pot and heat in it the canola oil then add in the onion with garlic, celery and carrot, and sauté them for 3 min.
2. Stir in the water with chicken, turmeric, a pinch of salt and pepper.
3. Put on the lid and cook the soup for 6 min on high pressure then use the quick method to release the pressure.
4. Drain the chicken and shred it then sit it back into the pot with parsley and lemon juice.
5. Serve your Soup warm and enjoy.

Italian Zuppa Tuscana

(Prep Time: 20 min | Cooking Time: 12 min | Servings 6)

Ingredients:

- 1 pound of loose Italian sausages
- 3 large potatoes, diced
- 1 yellow onion, finely chopped
- 6 cups of chicken stock
- 3 cups of fresh kale, roughly chopped
- 1 cup of heavy cream
- ¼ cup of water
- 1 tablespoon of olive oil
- 3 cloves of garlic, minced
- Black pepper
- Salt

Directions:

1. Press the "sauté" button on the instant pot and heat in it the oil then sauté in it the garlic with onion for 3 min.
2. Add in the sausages and cook them for 4 min.
3. Stir in the water with stock, potato, a pinch of salt and pepper then put on the lid and cook the soup for 5 min on high pressure.
4. Let the soup sit for 10 min then use the quick method to release the pressure.
5. Stir in the cream with kale and let the soup sit for another 5 min then serve it warm and enjoy.

Cheddar Broccoli Soup

(Prep Time: 25 min | Cooking Time: 4 min | Servings 6 to 8)

Ingredients:

- 5 cups of broccoli florets, finely chopped
- 5 cups of chicken broth
- 2 ½ cups of cheddar cheese, shredded
- 1 ½ cups of milk
- 1 carrot, shredded
- 1 clove of garlic, minced
- Black pepper
- Salt

Directions:

1. Combine the broccoli with carrot, garlic, broth, a pinch of salt and pepper in an instant pot.
2. Put on the lid and cook the soup for 4 min on high pressure then use the quick method to release the pressure.
3. Stir the cheese into the soup with milk then blend it smooth with an Immersion blender or food processor.
4. Adjust the seasoning of the soup then serve it warm and enjoy.

Butternut Flower Soup

(Prep Time: 20 min | Cooking Time: 10 min | Servings 4 to 6)

Ingredients:

- 1 pound of butternut squash, diced
- 1 pound of cauliflower florets
- 1 yellow onion, diced
- 2 cups of veggies broth
- 1 cup of half and half
- 2 teaspoons of olive oil
- 2 teaspoons of paprika
- 1 teaspoon of dry thyme
- 2 cloves of garlic, minced
- Black pepper
- Salt

Directions:

1. Press the "sauté" button on the instant pot and heat in it the oil then sauté in it the garlic with onion for 4 min.
2. Stir in the broth with paprika, thyme, cauliflower and butternut squash, a pinch of salt and pepper.
3. Put on the lid and cook the soup for 5 min on high pressure then use the natural method to release the pressure.
4. Stir the half and half into the soup then blend them smooth with an Immersion blender or food processor.
5. Adjust the seasoning of the soup then serve it warm and enjoy.

Lunch

Saucy Steak Meatballs

(Prep Time: 20 min | Cooking Time: 14 min | Servings 4 to 5)

Ingredients:

- ½ pound of lean turkey, minced
- ½ pound of lean beef, minced
- 5 ounces of mushroom, finely chopped
- 1 ¼ cup of beef broth
- ½ cup of yellow onion, minced
- 1/3 cup of breadcrumbs
- 1 egg, beaten
- 2 tablespoons of olive oil
- 2 tablespoons of tomato paste
- 1 tablespoon of purpose flour
- 1 teaspoons of Worcestershire sauce
- Black pepper
- Salt

Directions:

1. Press the "sauté" button on the instant pot and heat the oil in it then sauté in it the onion for 3 min.
2. Transfer half of the cooked onion into a mixing bowl with ¼ cup of broth, lean beef and turkey, 1 tablespoon of tomato paste, 1 ounce of mushroom, Worcestershire sauce, egg and breadcrumbs, mushroom, a pinch of salt and pepper then knead them with your hands for 3 to 4 min.
3. Whisk 1 cup of broth with the purpose flour the remaining tomato paste and mushroom, cooked onion, a pinch of salt and pepper.
4. Shape the beef mix into meatballs and sauté them in the instant pot for 2 min then add to them the broth mix.

5. Put on the lid and cook the meatballs for 10 min on high pressure.
6. Once the time is up, use the natural method to release the pressure then serve your meatballs warm and enjoy.

Classic Beef Stew

(Prep Time: 20 min | Cooking Time: 37 min | Servings 6)

Ingredients:

- 3 pounds of beef stew meat
- 1 pound of mushroom, quartered
- 12 pearl onions, peeled
- 2 carrots, sliced
- 1 cup of dry red wine
- ½ cup of beef stock
- 2 tablespoons of purpose flour
- 2 tablespoons of olive oil
- 2 cloves of garlic, minced
- ¼ teaspoon of dry basil
- Black pepper
- Salt

Directions:

1. Season the beef meat with some salt and pepper then toss it in a large bowl with the purpose flour.
2. Press the "sauté" button on the instant pot and heat the oil in it the brown in it the stew meat for 4 min.
3. Add in the onion with carrot, garlic and mushroom and then cook them for 3 min.
4. Stir in the basil with red wine, stock a pinch of salt and pepper then put on the lid and cook the stew for 20 min on high pressure.
5. Once the time is up, use the quick method to release the pressure then serve your stew warm and enjoy.

Instant Chicken Marsala

(Prep Time: 20 min | Cooking Time: 1 h | Servings 4)

Ingredients:

- 4 chicken breasts halves, boneless and skinless
- 12 ounces of mushroom, sliced
- 1 ½ cup of chicken stock
- 1 cup of yellow onion, sliced
- ¾ cup of marsala
- 4 tablespoons of butter
- 3 tablespoons of purpose flour
- 2 teaspoons of fresh thyme leaves, finely chopped
- 1 teaspoon of garlic, minced
- Black pepper
- Salt

Directions:

1. Whisk the flour with the stock and set it aside.
2. Press the "sauté" button on the instant pot and melt in it 2 tablespoons of butter then brown in it the chicken breasts on batches and set them aside.
3. Melt the remaining butter in the same pot and sauté in it the onion for 4 min then add in the mushroom with garlic and cook them for 3 min.
4. Add back the chicken breasts with marsala, stock, thyme leaves, a pinch of salt and pepper then put on the lid and cook them for 4 min on high pressure.
5. Once the time is up, serve your chicken marsala with some penne pasta and enjoy.

Instant Sloppy lasagna

(Prep Time: 25 min | Cooking Time: 30 min | Servings 4 to 6)

Ingredients:

- 1 pound of lean beef chuck, minced
- 8 ounces of wavy lasagna noodles
- 8 ounces of mozzarella cheese, shredded
- 1 yellow onion, finely chopped
- 1 carrot, finely chopped
- 1 stalk of celery, finely chopped
- 1 cup of tomato, crushed
- 1 cup of water
- ½ cup of tomato purée
- 2 tablespoons of butter
- 1 tablespoon of olive oil
- 2 cloves of garlic, crushed
- Black pepper
- Salt

Directions:

1. Press the "sauté" button on the instant pot and melt in it the olive oil with 1 tablespoon of butter then sauté in it the onion with garlic, celery and carrot for 5 min.
2. Add in the lean beef and cook them for 5 min.
3. Stir in the remaining butter with crushed tomato and tomato purée, a pinch of salt and pepper then put on the lid and cook it for 18 min on high pressure.
4. Use the quick method to release the pressure.
5. Add in the lasagna noodles with the water then put on the lid and cook it again for 5 min on low pressure and use the quick method to release the pressure.

6. Pour the lasagna into a greased baking dish then sprinkle the cheese all over it then broil it in the oven for 1 to 2 min until the cheese melts.

Lemon Chicken Breasts

(Prep Time: 25 min | Cooking Time: 20 min | Servings 4)

Ingredients:

- 4 chicken breasts halves
- 2 cups of baby spinach, roughly chopped
- 1 cup of chicken broth
- ½ cup of heavy cream
- ¼ cup of parmesan cheese, grated
- 3 tablespoons of butter
- 2 tablespoons of fresh lemon juice
- 2 tablespoons of cornstarch
- 1 tablespoon of paprika
- 1 teaspoon of dry thyme
- 2 cloves of garlic, minced
- Black pepper
- Salt

Directions:

1. Season the chicken breasts with paprika, a pinch of salt and pepper.
2. Press the "sauté" button on the instant pot and melt 2 tablespoons of butter in it then brown in it the chicken for 3 min on each side and set them aside.
3. Melt the remaining butter in the same pot and sauté in it the garlic for 1 min then add the cream lemon juice, broth, thyme and parmesan, chicken, a pinch of salt and pepper.
4. Put on the lid and cook it for 8 min on high pressure then use the quick method to release the pressure.
5. Once the time is up, stir in the cream with spinach and drain the chicken.

6. Whisk the cornstarch with some 3 tablespoons of water in a small bowl then stir it into the pot.
7. Press the “sauté” button and let the broth cook until it starts to thicken slightly then serve it with the chicken breasts and enjoy.

Chicken Tex Mac

(Prep Time: 20 min | Cooking Time: 15 min | Servings 4)

Ingredients:

- 1 pound of loose chicken sausages
- 15 ounces of tomato sauce
- 7 ounces canned green chilies, diced
- 2 cups of elbow macaroni
- 2 cups of water
- 1 cup of Monterrey jack cheese, shredded
- 1 yellow onion, diced
- 1 tablespoon of chili powder
- 1 tablespoon of vegetable oil
- 2 cloves of garlic, minced
- ¼ teaspoon of cayenne pepper
- Black pepper
- Salt

Directions:

1. Press the "sauté" button on the instant pot and heat the oil in it then sauté in it the garlic with beef and onion for 10 min.
2. Stir in the macaroni with water, tomato sauce, cayenne pepper and chili powder, tomato sauce, green chilies, a pinch of salt and pepper.
3. Put on the lid and cook the macaroni for 5 min on high pressure then use the quick method to release the pressure.
4. Stir the cheese into the macaroni then serve it warm and enjoy.

Beef and Broccoli Pot Stir Fry

(Prep Time: 20 min | Cooking Time: 18 min | Servings 4)

Ingredients:

- 1 ½ pound of beef steak, cut into chunks
- 2 cups of broccoli florets, steamed
- ¾ cup of beef broth
- 1/3 cup of brown sugar
- 1/3 cup of soy sauce
- 1 small yellow onion, finely chopped
- 3 tablespoons of sesame oil
- 1 tablespoon of cornstarch
- Black pepper
- Salt

Directions:

1. Season the beef steak with some salt and pepper then toss it in a large bowl with the cornstarch.
2. Press the "sauté" button on the instant pot and heat the oil in it then brown in it the beef steak for 4 min.
3. Add in the onion and cook it for 3 min.
4. Whisk the broth with sugar, soy sauce and sesame oil in a mixing bowl then pour it all over the beef and onion then season them with some salt and pepper.
5. Put on the lid and cook the stew for 10 min on high pressure then use the quick method to release the pressure.
6. Stir in the broccoli then serve your stir fry warm and enjoy.

Chicken Garden Soup

(Prep Time: 20 min | Cooking Time: 18 min | Servings 6 to 8)

Ingredients:

- 1 pound of chicken breasts, diced
- 6 cups of bone broth
- 2 cups of water
- 2 stalks of celery, finely chopped
- 1 large tomato, diced
- 1 zucchini, diced
- 1 yellow onion, diced
- 3 tablespoons of fresh lemon juice
- 3 tablespoons of fresh parsley, finely chopped
- 1 tablespoon of coconut oil
- 2 cloves of garlic, minced
- ½ teaspoon of dry thyme
- ¼ teaspoon of dry rosemary
- Black pepper
- Salt

Directions:

1. Press the "sauté" button on the instant pot and heat the oil in it then sauté in it the onion with garlic for 3 min.
2. Add in the chicken and cook them for 6 min.
3. Stir in the broth with rosemary, zucchini, celery, tomato, water and thyme, a pinch of salt and pepper.
4. Put on the lid and cook them soup for 8 min on high pressure then use the quick method to release the pressure.
5. Stir in the lemon juice with parsley then serve your soup warm and enjoy.

Tenderloin Teriyaki

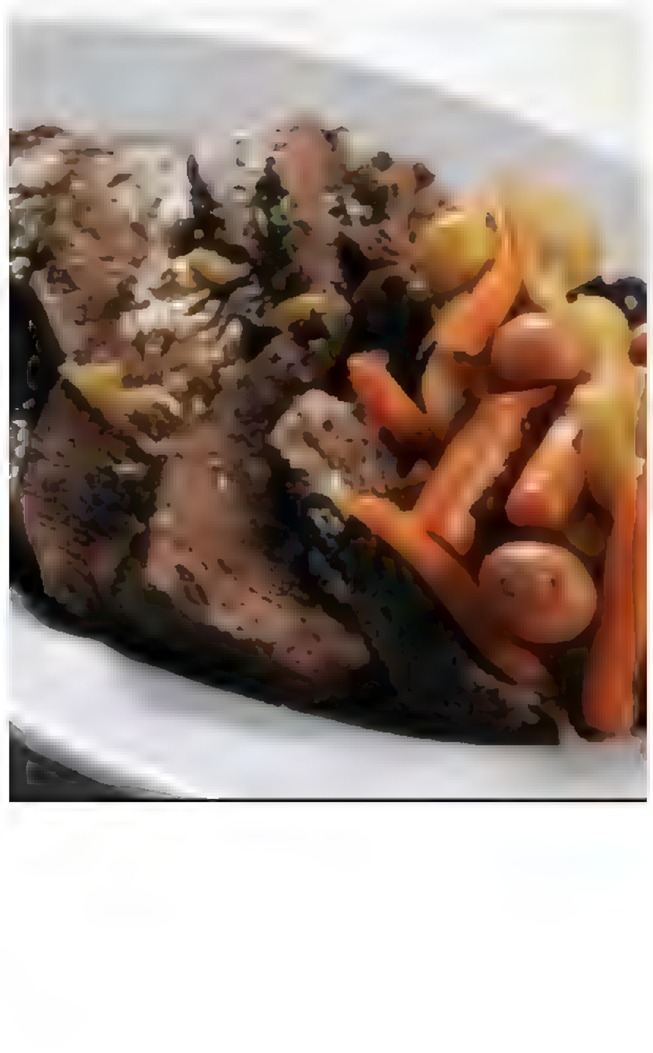
(Prep Time: 15 min | Cooking Time: 26 | Servings 4)

Ingredients:

- 2 pork tenderloins, sliced
- 2 cups of teriyaki sauce
- ¼ cup of water
- 2 green onions, finely chopped
- 2 tablespoons of canola oil
- 1 teaspoon of sesame seeds
- Black pepper
- Salt

Directions:

1. Press the "sauté" button on the instant pot and heat the oil in it then sauté in it the onion for 3 min.
2. Season the tenderloin slices with some salt and pepper then stir into the pot and brown it with the onion for another 3 min.
3. Stir in the teriyaki sauce, water, a pinch of salt and pepper.
4. Put on the lid and cook the tenderloin teriyaki for 20 min on high pressure.
5. Once the time is up, use the natural method to release the pressure then serve your teriyaki and enjoy.



Classic Chuck Roast

(Prep Time: 20 min | Cooking Time: 1 h 15 min | Servings 6 to 8)

Ingredients:

- 3 pound chuck roast
- 1 ½ pounds of baby potatoes
- 1 pound of carrot, cut into chunks
- 1 cup of chicken broth
- 1 cup of beef broth
- 1 yellow onion, finely chopped
- ¼ cup of red wine
- 2 tablespoons of coconut oil
- 1 tablespoon of Worcestershire sauce
- 1 tablespoon of tomato paste
- 1 clove of garlic, minced
- Black pepper
- Salt

Directions:

1. Wash the carrot and potato then season them with some and pepper.
2. Season the roast with some salt and pepper.
3. Press the "sauté" button on the instant pot and heat the oil in it the brown in it the roast for 6 min on each side and set it aside.
4. Sauté in the onion in the same pot for 4 min then add in the garlic with tomato paste and cook them for another minute.
5. Stir in the broth with red wine and Worcestershire sauce then put on the lid and press the Stew/Meat button and cook the roast for 45 min on high pressure.
6. Once the time is up, use the quick method to release the pressure then drain the roast and set it aside.

7. Stir the potato with carrot into the remaining broth mix in the instant pot.
8. Put on the lid and cook the veggies for 8 min on high pressure then use the quick method to release the pressure.
9. Serve your roast with the veggies and enjoy.

Chicken Coconut Curry

(Prep Time: 20 min | Cooking Time: 25 min | Servings 4)

Ingredients:

- 3 pounds of chicken thighs, diced
- 2 large tomatoes, sliced
- 2 yellow onions, sliced
- ¾ cup of coconut flakes, unsweetened
- 6 shallots, roughly chopped
- ¼ cup of water
- 2 dry chilies
- 1 inch of fresh ginger, peeled and minced
- 1 tablespoon of vinegar
- 1 tablespoon of coconut oil
- 2 teaspoons of fennel seeds
- 1 teaspoon of black mustard seeds
- 1 teaspoon of turmeric powder
- 1 clove of garlic, minced
- Black pepper
- Salt

Directions:

1. Combine the dry chilies with coconut flakes, turmeric, mustard seeds and fennel seeds in a heated pan then cook them for 2 min while stirring them all the time.
2. Transfer the mix into a food processor with the shallots and water then blend them smooth to make the coconut sauce.
3. Press the "sauté" button on the instant pot and heat the coconut oil in it then sauté in it the onion with garlic and ginger for 10 min.
4. Add in the coconut sauce and cook them for 2 min.

5. Stir in the vinegar with chicken, tomato, a pinch of salt and pepper.
6. Put on the lid and cook the chicken curry for 10 min on high pressure then use the natural method to release the pressure.
7. Once the time is up, serve your chicken curry warm and enjoy.

Shredded Pork Roast

(Prep Time: 15 min | Cooking Time: 1 h 36 min | Servings 6 to 8)

Ingredients:

- 5 pounds of pork shoulder roast, cut into 3 pieces
- 1 large cabbage, cut into wedges
- 1 cup of water
- 2 tablespoons of ghee
- 1 teaspoon of cumin
- Black pepper
- Salt

Directions:

1. Season the roast with cumin, a pinch of salt and pepper.
2. Press the "sauté" button on the instant pot and melt the ghee in it then brown in it the pork roast on batches for 3 min on each side.
3. Add the water with cabbage to the pot then season them again with a pinch of salt.
4. Put on the lid and cook the roast for 1 h 30 min on high pressure then use the natural method to release the pressure.
5. Drain the roast and shred it then serve it with the cabbage wedges and enjoy.

Chicken and Fennel Cacciatore

(Prep Time: 15 min | Cooking Time: 16 min | Servings 4 to 5)

Ingredients:

- 6 chicken drumsticks
- 28 ounces can of stewed tomato
- 2 bulbs of fennel, sliced
- 1 yellow onion, finely chopped
- 1 cups of chicken broth
- 1 teaspoon of dry oregano
- 1 teaspoon of garlic powder
- Black pepper
- Salt

Directions:

1. Season the chicken legs with some salt and pepper.
2. Stir the broth with tomato, onion, garlic powder and oregano, chicken, fennel, a pinch of salt and pepper into an instant pot.
3. Put on the lid and cook the stew for 16 min on high pressure.
4. Once the time is up, use the natural method to release the pressure then serve your chicken cacciatore warm and enjoy.

Veggies Curry Stew

(Prep Time: 15 min | Cooking Time: 4 h 3 min | Servings 6)

Ingredients:

- 31 ounces of canned chickpeas, drained
- 1 pound of baby potato, halved
- 14 ounces of canned diced tomato
- 3 cups of cauliflower florets
- 2 cups of snow peas
- 2 carrots, cut into chunks
- 1 Yellow onion, diced
- 5 cups of veggies broth
- 1 cup of coconut milk
- 1 tablespoon of yellow curry powder
- 1 tablespoon of olive oil
- ½ tablespoon of brown sugar
- Black pepper
- Salt

Directions:

1. Press the "sauté" button on the instant pot and the oil in it then sauté in it the onion with garlic for 3 min.
2. Stir in the broth with cauliflower, carrot, potato and tomato, curry powder and sugar, chickpeas, a pinch of salt and pepper.
3. Put on the lid and cook the stew for 4 h on high by using the slow cooker feature then use the quick method to release the pressure.
4. Stir in the snow peas with coconut milk and let the soup sit for 5 min then serve it warm and enjoy.

Hearty Veggies Winter Minestrone

(Prep Time: 15 min | Cooking Time: 6 h | Servings 6)

Ingredients:

- 28 ounces of canned tomato, diced
- 3 zucchinis, diced
- 3 carrots, diced
- 2 stalks of celery, diced
- 4 cups of chicken broth
- 2 cups of rotisserie chicken, shredded
- 2 cups of water
- 1 ½ cup of risoni pasta, cooked
- 1 leek, sliced
- 1 teaspoon of dry oregano
- 2 cloves of garlic, minced
- Black pepper
- Salt

Directions:

1. Stir the leek with carrot, zucchini, celery and water, broth, oregano, a pinch of salt and pepper into an instant pot.
2. Put on the lid and cook the soup for 6 h on low by using the slow cooker feature then use the quick method to release the pressure.
3. Stir in the pasta with chicken then serve your soup warm and enjoy.

3.

Instant Garlicky Chicken

(Prep Time: 20 min | Cooking Time: 6 h | Servings 6)

Ingredients:

- 4 pounds of chicken breasts, boneless and skinless
- ¼ cup of chicken broth
- ¼ cup of purpose flour
- 3 tablespoons of fresh lemon juice
- 2 tablespoons of soy sauce
- 1 tablespoon of olive oil
- 2 sprigs of fresh rosemary
- 1 teaspoons of bouillon granules
- ½ teaspoon of fresh thyme leaves, minced
- 2 cloves of garlic, minced
- Black pepper
- Salt

Directions:

1. Season the chicken breasts with some salt and pepper.
2. Mix the olive oil with garlic and minced thyme in a small bowl to make the marinade then coat the chicken breasts with it.
3. Stir the broth with rosemary sprigs, soy sauce, bouillon granules, lemon juice and chicken, a pinch of salt and pepper into an instant pot.
4. Put on the lid and cook the chicken for 6 h on low by using the slow cooker feature.
5. Once the time is up, use the natural method to release the pressure.
6. Drain the chicken and set it aside it.
7. Whisk the flour into the remaining broth in the pot and simmer it until it thickens slightly to make the gravy.

8. Pour the gravy all over the chicken breasts then serve them and enjoy.

Sloppy Burger

(Prep Time: 15 min | Cooking Time: 6 h | Servings 6)

Ingredients:

- 1 ½ pounds of lean turkey, minced
- 15 ounces of tomato sauce
- 1 red bell pepper, seeded and diced
- ½ yellow onion, finely chopped
- 2 tablespoons of apple cider vinegar
- 2 tablespoons of tomato paste
- 1 tablespoon of mustard powder
- 1 tablespoon of honey
- 1 teaspoon of paprika
- 1 teaspoon of garlic powder
- Black pepper
- Salt

Directions:

1. Stir the lean turkey with honey, mustard, tomato paste and garlic, paprika, vinegar, bell pepper and onion, tomato sauce, a pinch of salt and pepper into an instant pot.
2. Put on the lid and cook them for 6 h on low by using then slow cooker feature.
3. Once the time is up, use the natural method to release the pressure.
4. Assemble your burgers and enjoy.

Pulled Korean Apple Roast

(Prep Time: 30 min | Cooking Time: 1 h | Servings 4 to 6)

Ingredients:

- 4 pounds of beef roast, cut into chunks
- 1 granny smith apple, peeled and diced
- 1 cup of beef broth
- ½ cup of soy sauce
- ¼ cup of fresh orange juice
- 2 tablespoons of olive oil
- 1 tablespoon of fresh ginger, minced
- 3 cloves of garlic, minced
- Black pepper
- Salt

Directions:

1. Season the roast with some salt and pepper.
2. Press the "sauté" button on the instant pot and heat the olive oil in it then brown in it the beef roast chunks on batches for 5 min.
3. Stir in the garlic with broth, orange juice, apple, soy sauce and ginger, a pinch of salt and pepper.
4. Put on the lid and cook the roast for 45 min on high pressure.
5. Once the time is up, use the natural method to release the pressure.
6. Drain the beef roast chunks and shred them then stir them back into the pot with the remaining juice.
7. Serve your pulled roast warm and enjoy.

Chicken Drumsticks and Tomatillo Sauce

(Prep Time: 20 min | Cooking Time: 30 min | Servings 3 to 6)

Ingredients:

- 6 chicken drumsticks
- 1 ½ cup of tomatillo sauce
- ¼ cup of fresh cilantro, finely chopped
- 1 jalapeno, finely chopped
- 1 teaspoon of dry oregano
- 1 teaspoon of olive oil
- Black pepper
- Salt

Directions:

1. Season the chicken with oregano, a pinch of salt and pepper.
2. Press the "sauté" button on the instant pot and heat the olive oil in it the brown in it the chicken drumsticks for 3 min on each side.
3. Stir in the tomatillo sauce with cilantro jalapeno, a pinch of salt and pepper.
4. Put on the lid and cook them for 20 min on high pressure then use the natural method to release the pressure.
5. Serve the chicken drumsticks warm with the tomatillo sauce and enjoy.

5.
6.

Hot Cheesy Macaroni

(Prep Time: 20 min | Cooking Time: 4 min | Servings 4)

Ingredients:

- 8 ounces of macaroni pasta
- 7 ounces of chorizo sausages, casing removed
- 2 ¼ cup of water
- 1 cup of cheddar cheese, grated
- ½ cup of milk, evaporated
- 4 tablespoons of fresh jalapeno, diced
- 4spring onions, minced
- 2 teaspoons of mustard powder
- Black pepper
- Salt

Directions:

1. Press the "sauté" button on the instant pot and brown in it the chorizo for 3 min.
2. Stir in the water with onion, macaroni, mustard, a pinch of salt and pepper.
3. Put on the lid and cook the macaroni for 4 min on high pressure.
4. Once the time is up, use the quick method to release the pressure.
5. Stir in the milk and cheese until it melts.
6. Adjust the seasoning of the macaroni then serve it warm and enjoy.

Dinner

Chicken Enchilada Soup

(Prep Time: 20 min | Cooking Time: 20 min | Servings 4)

Ingredients:

- 3 chicken breasts
- 30 ounces of cannellini beans, drained
- 8 ounces of tomato sauce
- 3.5 ounces of canned green chilies
- 8 cups of butternut squash, peeled and diced
- 4 cups of chicken broth
- 3 russet potatoes, peeled and diced
- 1 yellow onion, finely chopped
- 1 red bell pepper, seeded and finely chopped
- ½ cup of cheddar cheese, grated
- 2 tablespoons of taco seasoning
- 2 teaspoons of cumin
- 2 cloves of garlic, finely chopped

- Black pepper
- Salt

Directions:

1. Stir the broth with onion, bell pepper, butternut squash and potato, chicken, tomato sauce and green chilies, taco seasoning, cumin and garlic, a pinch of salt and pepper into an instant pot.
2. Put on the lid and cook the soup for 20 min on high pressure.
3. Once the time is up, use the quick method to release the pressure.
4. Drain the chicken breasts and shred them.
5. Transfer 2 cups of the soup into a food processor and blend it smooth then stir it back into the pot with the beans, shredded chicken, a pinch of salt and pepper.
6. Serve your soup warm and enjoy.

Asian Chicken Thighs

(Prep Time: 20 min | Cooking Time: 45 min | Servings 4)

Ingredients:

- 2 pounds of chicken thighs, skinless
- 1 yellow onion, finely chopped
- ½ cup of gochujang (red pepper paste)
- ¼ cup of rice wine
- ¼ cup of water
- ¼ cup of mirin
- ¼ cup of hoisin sauce
- ¼ cup of ketchup
- ¼ cup of soy sauce
- 2 tablespoons of vegetable oil
- 2 tablespoons of fresh ginger, minced
- ½ tablespoon of garlic, minced
- 1 clove of garlic, finely chopped
- Black pepper
- Salt

Directions:

1. Whisk the hoisin sauce with ketchup, 1 tablespoon of minced garlic and gochujang, soy sauce and mirin, rice wine, 1 tablespoon of grated ginger and a pinch of salt in a mixing bowl to make the sauce.
2. Press the "sauté" button on the instant pot and heat the oil in it the brown in it the chicken in batches for 3 min on each side.
3. Add in the chopped garlic with the onion and the remaining ginger, a pinch of salt and pepper then cook them for 4 min.
4. Stir in the water with ½ cup of sauce then put on the lid and cook the chicken for 15 min on high pressure.

5. Once the time is up, use the natural method to release the pressure.
6. Serve your chicken thighs with the remaining sauce and enjoy.

Chicken Breasts with Mushroom Gravy

(Prep Time: 15 min | Cooking Time: 24 min | Servings 3 to 4)

Ingredients:

- 3 chicken breasts
- 3 cups of mushroom, sliced
- 1 cup of chicken broth
- 2 tablespoons of butter
- 1 tablespoon of water
- 1 tablespoon of cornstarch
- 1 teaspoon of Italian seasoning
- ½ teaspoon of onion powder
- ½ teaspoon of garlic powder
- Black pepper
- Salt

Directions:

1. Season the chicken breasts with some salt and pepper.
2. Press the "sauté" button on the instant pot and melt 2 tablespoons of butter in it then sauté in it the mushroom for 5 min.
3. Stir the chicken with broth, Italian seasoning and garlic powder, onion powder, a pinch of salt and pepper.
4. Put on the lid and cook the chicken for 15 min on high pressure then use the natural method to release the pressure.
5. Drain the chicken breasts and place them on a serving plate.
6. Whisk the water with cornstarch in small bowl and stir them into the broth in the pot and press the sauté button and simmer the broth until it thickens slightly to make the gravy.

7. Pour the gravy all over the chicken breasts then serve them warm and enjoy.

Spareribs Barbecue

(Prep Time: 20 min | Cooking Time: 1 h | Servings 4)

Ingredients:

- 10 pounds of spareribs
- 2 cups of ketchup
- 1 yellow onion, finely chopped
- 3 tablespoons of ghee
- 2 teaspoons of Worcestershire sauce
- 1 teaspoon of paprika
- 1 teaspoon of chili powder
- Black pepper
- Salt

Directions:

1. Press the "sauté" button on the instant pot and melt the ghee in it then brown in it the ribs on batches for 5 to 6 min on each side.
2. Stir in the ketchup with onion, Worcestershire sauce, paprika and chili powder, a pinch of salt and pepper.
3. Put on the lid and cook the ribs for 15 min on high pressure then use the natural method to release pressure.
4. Serve your saucy ribs warm and enjoy.

4.

Chicken Drumsticks Barbecue

(Prep Time: 20 min | Cooking Time: 24 min | Servings 4 to 6)

Ingredients:

- 2 pounds of chicken drumsticks
- 1 small yellow onion, finely chopped
- ½ cup of chili sauce
- ½ cup of water
- ¼ cup of ketchup
- 3 tablespoons of vegetable oil
- 1 teaspoon of paprika
- ¼ teaspoon of garlic powder
- Black pepper
- Salt

Directions:

1. Season the chicken drumsticks with some salt and pepper.
2. Press the "sauté" button on the instant pot and heat the oil in it then brown in it the chicken drumsticks for 4 min per batch.
3. Whisk the paprika with chili sauce, garlic powder, water and chili sauce, ketchup, a pinch of salt and pepper in a small mixing bowl to make the sauce.
4. Pour the sauces all over the chicken drumsticks then put on the lid and cook them for 15 min on high pressure.
5. Once the time is up, use the natural pressure to release the pressure.
6. Spread the chicken drumsticks on a lined up baking sheet and broil them in the oven for 4 min then

serve them warm and enjoy.

Messy Lasagna Pot

(Prep Time: 20 min | Cooking Time: 20 min | Servings 8)

Ingredients:

- 1 pound of lean sausages, loose
- 16 ounces of pasta
- 15 ounces of stewed tomato
- 15 ounces of tomato sauce
- 15 ounces of ricotta cheese, shredded
- 10 ounces of spinach, roughly chopped
- 1 cup of mozzarella cheese, shredded
- 1 yellow onion, finely chopped
- 1 teaspoon of Italian seasoning
- 1 teaspoon of dry oregano
- 1 clove of garlic, minced
- Black pepper
- Salt

Directions:

1. Press the "sauté" button on the instant pot and brown in it the sausages for 6 min.
2. Add in the onion with garlic and cook them for 4 min.
3. Stir in the stewed tomato with tomato sauce, Italian seasoning, oregano and spinach, pasta, a pinch of salt and pepper.
4. Pour enough water into the pot to cover all the ingredients then put on the lid and cook the lasagna for 5 min on high pressure.
5. Once the time is up, use the natural method to release the pressure.
6. Stir in the mozzarella and ricotta cheese then simmer the lasagna for 3 min.
7. Serve your lasagna warm and enjoy.

Saucy Chicken with Duck Sauce

(Prep Time: 15 min | Cooking Time: 8 min| Servings 4 to 5)

Ingredients:

- 3 pound whole chicken, cut into pieces
- ¼ cup of white wine
- ¼ cup of apricot preserves
- ¼ cup of chicken broth
- 2 tablespoons of white vinegar
- 1 tablespoon of olive oil
- 1 ½ teaspoons of fresh ginger, minced
- ½ teaspoon of dry marjoram
- Black pepper
- Salt

Directions:

1. Season the chicken pieces with some salt and pepper and place it in an instant pot.
2. Whisk the apricot preserves with broth, ginger and marjoram, vinegar, wine and olive oil, a pinch of salt and pepper in a small mixing bowl then pour them all over the chicken pieces.
3. Put on the lid and cook the chicken for 8 min on high pressure.
4. Once the time is up, use the natural method to release the pressure then serve the chicken pieces with the remaining sauce and enjoy.

Pulled Pork Tacos

(Prep Time: 12 min | Cooking Time: 1 h | Servings 4 to 6)

Ingredients:

- 3 pounds of pork shoulder roast
- 2 cups of chicken broth
- ½ cup of ketchup
- 1 small yellow onion, finely chopped
- 1 ounces of taco seasoning
- 2 tablespoons of coconut oil
- ½ teaspoon of garlic powder
- ½ teaspoon of paprika
- Black pepper
- Salt

Directions:

1. Season the roast with some salt and pepper.
2. Press the "sauté" button on the instant pot and heat the oil in it then brown in it the roast for 5 min on each side.
3. Whisk the paprika with broth, ketchup, taco seasoning and garlic, a pinch of salt and pepper in a small bowl to make the sauce then pour it all over the roast.
4. Put on the lid and cook the press the Stew/Meat button then cook the roast for 45 min at normal pressure.
5. Once the time is up, use the natural method to release the pressure.
6. Drain the roast and shred it then stir it back into the pot with the remaining juice.
7. Serve your pulled pork and enjoy.

7.

Braised Oxtail with

(Prep Time: 20 min | Cooking Time: 25 | Servings 2 to 3)

Ingredients:

- 1 pound of oxtail pieces
- 1 ½ cups of water
- 1 cup of canned fava beans, drained
- 1 yellow onion, finely chopped
- 2 tablespoons of soy sauce
- 2 tablespoons of vegetable oil
- 1 teaspoon of fresh ginger, minced
- 1 teaspoon of cornstarch
- ½ teaspoon of dry thyme
- Black pepper
- Salt

Directions:

1. Season the oxtail with some salt and pepper then toss it in a mixing bowl with the cornstarch.
2. Press the "sauté" button on the instant pot and heat the oil in it then brown in it the oxtail for 5 min.
3. Stir in the garlic with onion and ginger then cook them for 3 min.
4. Stir in the water with thyme, soy sauce, a pinch of salt and pepper then put on the lid and cook the stew for 25 min on high pressure.
5. Once the time is up, use the natural method to release the pressure.
6. Stir in the fava beans and adjust the seasoning of the stew then serve it warm and enjoy.

Cabbage Rolls

(Prep Time: 15 min | Cooking Time: 45 min | Servings 4)

Ingredients:

- 1 pound of lean beef, minced
- 20 ounces of diced tomato with green chili peppers
- 13 ounces of tomato sauce
- 8 leaves of cabbage
- 1 ½ cup of white rice, cooked
- ½ cup of yellow onion, finely chopped
- Black pepper
- Salt

Directions:

1. Bring a salted pot of water to a boil and cook in it the cabbage leaves for 3 min then drain them and set them aside to dry.
2. Mix the beef with onion, rice, garlic, tomato sauce, a pinch of salt and pepper in a large mixing bowl to make the filling.
3. Divide the filling on the cabbage leaves and fold them gently.
4. Pour half of the diced tomato in an instant pot and lower in it the cabbage rolls then pour the remaining tomato all over them.
5. Put on the lid and press the bean/chili button then cook the rolls for 45 min.
6. Serve your cabbage rolls warm and enjoy.

Scalloped Potatoes

(Prep Time: 15 min | Cooking Time: 6 h | Servings 5 to 6)

Ingredients:

- 5 chicken breasts halves
- 10.75 ounces can of condensed cream of mushroom soup
- 10.75 ounces of skim milk
- 7 russet potatoes, thinly sliced
- 1 ½ cups of mozzarella cheese, diced
- ½ yellow onion, finely chopped
- ½ teaspoon of paprika
- Black pepper
- Salt

Directions:

1. Season the chicken breasts with some salt and pepper.
2. Whisk the cream of mushroom soup with milk, cheese, onion and paprika, a pinch of salt and pepper to make the sauce.
3. Pour ¼ of the sauce in an instant pot then lay on it the potato slices and pour the remaining sauce all over it.
4. Lay on them the chicken breasts on them then put on the lid and cook the scallop for 6 h on by using the slow cooker feature.
5. Once the time is up, use the natural method to release the pressure then serve you scalloped potatoes warm and enjoy.

Sauerkraut Pork Stew

(Prep Time: 15 min | Cooking Time: 6 h | Servings 4 to 5)

Ingredients:

- 1 pound of pork roast, sliced
- 32 ounces jar of sauerkraut with juice
- 6 ounces of beer
- 1 apple, peeled and diced
- 1 tablespoon of garlic, minced
- 1 teaspoon of dry mustard
- Black pepper
- Salt

Directions:

1. Stir the roast slices with garlic and mustard, apple, sauerkraut and beer, a pinch of salt and pepper into an instant pot.
2. Put on the lid and cook the stew for 6 h on low by using the slow cooker feature then use the natural method to release the pressure.
3. Serve your stew warm and enjoy.

Chili Beef Soup

(Prep Time: 30 min | Cooking Time: 1 h 10 min | Servings 8)

Ingredients:

- 3 pound of beef stew meat
- 4 ounces of canned green chili peppers, finely chopped
- 5 carrots, finely chopped
- 4 stalks of celery, finely chopped
- 10 cups of beef broth
- 1 yellow onion, finely chopped
- 1 tablespoon of dry basil
- 1 teaspoon of cumin
- 1 teaspoon of dry thyme
- Black pepper
- Salt

Directions:

1. Stir the beef with broth, cumin, basil and thyme in an instant pot then press “chili/stew” and cook it for 45 min and use the natural method to release the pressure.
2. Once the time is up, stir in the carrot with celery, chili peppers and onion, a pinch of salt and pepper.
3. Put on the lid and cook the stew for 10 min on high pressure.
4. Use the natural method to release the pressure then shred the beef and shred it.
5. Stir the beef back into the pot then serve your soup warm and enjoy.

Beef Curry Stew

(Prep Time: 20 min | Cooking Time: 1 h | Servings 4)

Ingredients:

- 1 pound of beef chuck, diced
- 1 cup of water
- 1 yellow onion, finely chopped
- 5 green chili peppers, thinly sliced
- 2 tablespoons of vegetable oil
- 1 tablespoon of purpose flour
- 1 teaspoon of fresh ginger, minced
- 4 cloves of garlic, minced
- 1 teaspoon of turmeric

- 1 teaspoon of garlic powder
- 1 teaspoon of cayenne pepper
- 1 teaspoon of cumin
- Black pepper
- Salt

Directions:

1. Season the beef with some salt and pepper then toss it in a mixing bowl with the purpose flour.
2. Press the “sauté” button on the instant pot and heat the oil in it the brown in it the beef for 5 min.
3. Add in the garlic with onion and cook them for another 5 min.
4. Stir in the ginger with cayenne pepper, cumin, water and chilies, garlic powder, turmeric, a pinch of salt and pepper.
5. Put on the lid and cook the stew for 40 min on high pressure.

6.

Once the time is up, serve your stew warm and enjoy.

Chipotle Brisket

(Prep Time: 20 min | Cooking Time: 1 h | Servings 4 to 5)

Ingredients:

- 3 pounds of beef brisket
- 22 ounces of canned whole tomatillos, drained
- 8 ounces of tomato sauce
- 1 yellow onion, thinly sliced
- 1 cup of water
- 2 tablespoons of olive oil
- 2 cloves of garlic, minced
- Black pepper
- Salt

Directions:

1. Combine the water with onion, tomato sauce, tomatillo and garlic, a pinch of salt and pepper in a food processor and blend them smooth to make the sauce.
2. Season the roast with some salt and pepper.
3. Press the "sauté" button on the instant pot and the oil in it the brown in it the roast for 4 min on each side.
4. Pour the sauce all over the roast then put on the lid and cook it for 45 min on high pressure then use the natural method to release the pressure.
5. Once the time is up, drain a roast and shred it then stir it back into the pot with the remaining juices.
6. Serve your chipotle brisket and enjoy.

Colombian Stew

(Prep Time: 15 min | Cooking Time: 25 min | Servings 4 to 5)

Ingredients:

- 3 to 4 pounds whole chicken, cut into pieces
- 28 ounces of canned diced tomato
- 4 large golden potato, cut into wedges
- 1 yellow onion, thinly sliced
- 1 tablespoon of olive oil
- 1 teaspoon of turmeric
- ½ teaspoon of cumin
- ¼ teaspoon of ground ginger
- Black pepper
- Salt

Directions:

1. Season the chicken with some salt and pepper.
2. Stir the chicken with tomato, broth, turmeric and onion, cumin, ginger, olive oil, a pinch of salt and pepper.
3. Put on the lid and cook the stew for 25 min on high pressure then use the natural to release the pressure.
4. Serve your chicken stew warm and enjoy.

Lentils Stew

(Prep Time: 20 min | Cooking Time: 23 min | Servings 4 to 6)

Ingredients:

- 2 ½ pounds of chicken thighs, boneless and skinless
- 28 ounces of canned diced tomato
- 8 ounces of French lentils
- 4 cups of chicken stock
- 1 cup of yellow onion, diced
- 1 tablespoon of olive oil
- Black pepper
- Salt

Directions:

1. Press the "sauté" button on the instant pot and heat the oil in it then sauté in it the onion for 2 min.
2. Stir in the chicken with stock, lentils, tomato, a pinch of salt and pepper.
3. Put on the lid and cook the stew for 20 min on high pressure then use the quick method to release the pressure.
4. Drain the chicken thighs and shred them then stir them back into the pot.
5. Serve your stew warm and enjoy.

Chickpea Marsala Stew

(Prep Time: 20 min | Cooking Time: 25 min | Servings 4)

Ingredients:

- 3 pounds of chicken thighs, boneless and skinless
- 30 ounces of canned chickpeas, drained
- 15 ounces of canned crushed tomato
- ½ cup of chicken broth
- ½ cup of heavy cream
- ¼ cup of fresh lemon juice
- 1 yellow onion, diced
- 2 tablespoons of butter
- 1 tablespoon of cumin
- 1 tablespoon of fresh ginger, minced
- 1 ½ teaspoon of paprika
- 1 teaspoon of turmeric
- Black pepper
- Salt

Directions:

1. Press the “sauté” button on the instant pot and melt the butter in it then sauté in it the onion with ginger for 5 min.
2. Stir in the paprika with broth, tomato and chicken, cumin, turmeric, a pinch of salt and pepper.
3. Put on the lid and cook the stew for 16 min on high pressure.
4. Once the time is up, use the natural method to release the pressure then drain the chicken and shred it.
5. Stir in the lemon juice with chickpeas, shredded chicken and cream then simmer the stew until it thickens slightly.
6. Adjust the seasoning of the stew then serve it warm and enjoy.

6.

Hearty Beef Chili

(Prep Time: 20 min | Cooking Time: 45 min | Servings 6)

Ingredients:

- 4 pounds of beef chuck, diced
- 6 cups of chicken stock
- 1 yellow onion, thinly sliced
- 4 red chili peppers, finely chopped
- 2 tablespoons of vegetable oil
- 2 tablespoons of fish sauce
- 2 tablespoons of apple cider vinegar
- 1 tablespoon of chili powder
- 2 teaspoons of dry oregano
- 4 cloves of garlic, minced
- ½ teaspoon of cinnamon
- ¼ teaspoon of ground allspice
- Black pepper
- Salt

Directions:

1. Press the "sauté" button on the instant pot and heat 1 tablespoon of oil in it then brown in it the chuck roast dices in batches for 5 min per batch and set them aside.
2. Heat the remaining oil in the same pot then sauté in it the onion with chili peppers for and garlic for 4 min.
3. Add back the browned beef with cinnamon, vinegar, chili powder and fish sauce, stock, oregano, allspice, a pinch of salt and pepper.
4. Put on the lid and cook the stew for 30 min on high pressure.
5. Once the time is up, use the natural method to release the pressure.

Cheesy Enchilada Casserole

(Prep Time: 20 min | Cooking Time: 15 min | Servings 4)

Ingredients:

- 2 pounds of lean turkey, minced
- 12 ounces of enchilada sauce
- 8 ounces of pasta
- 2 cups of chicken broth
- 1 ½ cup of Monterey jack cheese, shredded
- 1 ½ cup of cheddar cheese, shredded
- ½ cup of sour cream
- 2 tablespoons of taco seasoning
- Black pepper
- Salt

Directions:

1. Press the "sauté" button on the instant pot then brown in it the lean turkey with taco seasoning for 8 min.
2. Stir in the pasta with the enchilada sauce and broth then put on the lid and cook it for 4 min on high pressure.
3. Once the time is up, use the quick method to release the pressure.
4. Pour the pasta into an ovenproof dish and stir into it the cheese and broil it in the oven for 2 to 3 min until the cheese melts.
5. Serve you pasta warm and enjoy.

Desserts

Dulce De Leche Cheesecake

(Prep Time: 25 min | Cooking Time: 35 min | Servings 6 to 8)

Ingredients:

- 16 ounces of cream cheese
- 5 ounces of graham crackers, crushed
- 2 cups of dulce de leche
- 1/3 cup of granulated sugar
- 2 eggs
- 2 tablespoons of butter, melted
- 2 teaspoons of vanilla extract

Directions:

1. Combine the graham cracker with butter in a food processor and pulse them few times.
2. Press the graham crackers mix into a greased springform pan then place it in the fridge.
3. Beat the sugar with cream cheese in a mixing bowl until they become smooth then add to them the vanilla extract, 2 eggs with

½ cup of dulce le leche and mix them again to make the filling.

4. Pour the filling into the crust.
5. Pour 1 cup of water in an instant pot and lower in it a trivet then place the cheesecake on it and cover it loosely with a piece of foil.
6. Put on the lid and cook the cheesecake for 35 min on high pressure then use the natural method to release the pressure.
7. Refrigerate the cheesecake for 4 h or more and top it with remaining dulce de leche then serve it and enjoy.

Raspberry Oreo Cheesecake

(Prep Time: 25 min | Cooking Time: 25 min | Servings 6 to 8)

Ingredients:

- 16 ounces of cream cheese
- ½ cup of raspberry jam
- ¼ cup of sour cream
- ¼ cup of sugar
- 12 Oreo cookies crushed
- 2 eggs
- 2 tablespoons of butter, melted
- 1 tablespoon of purpose flour
- Salt

Directions:

1. Combine the Oreo cookies with butter in a food processor and pulse them few times.
2. Press the mix into a greased springform pan and place it in the fridge.
3. Combine the cream cheese with sugar in a mixing bowl and blend them smooth then add the eggs with flour, sour cream and jam then mix them again to make the filling.
4. Pour the filling into the crust.
5. Pour 1 cup of water in an instant pot and lower in it a trivet then place the cheesecake on it and cover it loosely with a piece of foil.
6. Put on the lid and cook the cheesecake for 25 min on high pressure then use the natural method to release the pressure.
7. Refrigerate the cheesecake for 4 h or more then serve it and enjoy.

Layered New York Cheesecake

(Prep Time: 25 min | Cooking Time: 25 min | Servings 6 to 8)

Ingredients:

- 16 ounces of cream cheese
- 7 cinnamon graham crackers, crushed
- ½ cup and 2 teaspoons of granulated sugar
- ¼ cup of heavy cream
- 2 tablespoons of butter, melted
- 2 eggs
- 1 egg yolk
- 1 teaspoon of vanilla extract

Directions:

1. Combine the crackers with butter and 2 teaspoons of sugar in a food processor then pulse them few times.
2. Press the mix into a greased springform then place it in the fridge.
3. Combine the vanilla with cream cheese and ½ cup of sugar in a large bowl and mix them until they become smooth.
4. Add in the egg yolks with eggs one at a time and mix them again then fold in the heavy cream to make the filling.
5. Pour the filling into the crust.
6. Pour 1 cup of water in an instant pot and lower in it a trivet then place the cheesecake on it and cover it loosely with a piece of foil.
7. Put on the lid and cook the cheesecake for 35 min on high pressure then use the natural method to release the pressure.
8. Refrigerate the cheesecake for 4 h or more then serve it with another layer of wiped cream and enjoy.

Carrot Cake

(Prep Time: 20 min | Cooking Time: 1 h | Servings 4)

Ingredients:

- 1 cup of breadcrumbs
- 2/3 cup of shortening, grated
- ½ cup of raisins
- ½ cup of purpose flour
- ½ cup of brown sugar
- ½ cup of pecans, finely chopped
- ½ cup of fresh carrot, grated
- ¼ cup of molasses
- 2 eggs
- ½ teaspoon of cinnamon
- ½ teaspoon of baking soda
- ½ teaspoon of ground allspice
- ¼ teaspoon of nutmeg powder
- Salt

Directions:

1. Mix the flour with shortening, sugar, molasses and eggs, baking soda, cinnamon and nutmeg, allspice and a pinch of salt in a large mixing bowl.
2. Fold in the raisins with carrot, breadcrumbs and pecans into the batter.
3. Pour the batter into a greased cake pan then cover it with a piece of foil and poke a small hole in the middle of it.
4. Pour 1 ½ cup of water in an instant pot and lower in it a trivet then place the cake on it.
5. Put on the lid and cook the cake for 1 h on high pressure then use the natural method to release the pressure.

6. Refrigerate the cake until it cools down completely then serve it and enjoy.

Pineapple Cake

(Prep Time: 20 min | Cooking Time: 18 min | Servings 6 to 8)

Ingredients:

- 1 box of yellow cake mix
- 6 large canned pineapple slices
- ½ cup of brown sugar

Directions:

1. Prepare the cake batter according to the directions on the package.
2. Sprinkle the brown sugar in the bottom of a greased cake pan then layer in the pineapple slices and pour the batter on it and cover it loosely with a piece of foil.
3. Pour 1 ½ cup of water in an instant pot and lower in it a trivet then place the cake on it.
4. Put on the lid and cook the cake for 18 min on high pressure then use the natural method to release the pressure.
5. Refrigerate the cake until it cools down completely then serve it and enjoy.

Hazelnut Custard

(Prep Time: 30 min | Cooking Time: 25 min | Servings 8)

Ingredients:

- 2 cups of milk
- ½ cup of whipping cream
- 3 eggs
- 2 egg yolks
- ¾ cup and 1/3 cup of granulated sugar
- ¼ cup of water
- 2 tablespoons of hazelnut syrup
- 1 teaspoon of vanilla extract

Directions:

1. Combine the water with ¾ cup of sugar in a saucepan and bring it to a boil then put on the lid and boil it for 2 min to make the syrup.
2. Once the time is up, remove the lid and cook the syrup until it becomes light brown while swirling the saucepan gently every once in a while.
3. Pour the syrup into 8 (6 ounces) custard cups and set them aside.
4. Whisk the remaining sugar with egg yolks, whole eggs and a pinch of salt in a mixing bowl until they become smooth.
5. Pour the milk into a small saucepan and bring it to a boil then add it in gradually to the eggs mix hot while whisking them all the time.
6. Stir in the vanilla with hazelnut syrup and cream then mix them again until they become smooth.
7. Pour the batter into the custard cups.
8. Pour 1 ½ cup of water in an instant pot and lower in it a trivet then place the custard cups on it and cover them loosely with a

piece of foil.

9. Put on the lid and cook the custard for 10 min on high pressure then use the quick method to release the pressure.
10. Remove the custard cups from the pot and allow them to cool down completely then wrap them in a plastic wrap and refrigerate them for 4 h to an overnight.
11. When you want to serve your custard cups, place them for 5 min in some hot water to heat the caramel sauce under then serve them and enjoy.

Classic Pumpkin Pie

(Prep Time: 30 min | Cooking Time: 35 min | Servings 6 to 8)

Ingredients:

- 1 cup of pumpkin purée
- 20 ginger snaps or graham crackers, crushed
- ½ cup of half and half
- ¼ cup of brown sugar
- ¼ cup of granulated sugar
- 1 egg
- 2 tablespoons of butter, melted
- 1 teaspoon of cinnamon
- ¼ teaspoon of ground cloves
- ¼ teaspoon of ground allspice
- ¼ teaspoon of nutmeg powder
- Salt

Directions:

1. Combine the crackers with butter and 2 teaspoons of sugar in a food processor then pulse them few times.
2. Press the mix into a greased springform then place it in the fridge.
3. Combine the cinnamon with pumpkin purée, half and half, brown and granulated sugar, cloves, allspice, nutmeg powder and a pinch of salt in a food processor then blend them smooth to make the filling.
4. Pour the filling batter into the crust then cover the pie loosely with a piece of foil.
5. Pour 1 ½ cup of water in an instant pot and lower in it a trivet then place the pie on it.

6. Put on the lid and cook the pie for 35 min on high pressure then use the natural method to release the pressure.
7. Refrigerate the cake until it cools down completely then serve it and enjoy.

Fudgy Brownies Cake

(Prep Time: 20 min | Cooking Time: 38 min | Servings 6 to 8)

Ingredients:

- 2 cups of water
- 1 cup of granulated sugar
- ¾ cup of white flour
- ½ cup of butter
- ½ cup of walnuts, finely chopped
- ¼ cup of cocoa powder, unsweetened
- 2 eggs
- 1 tablespoon of honey
- ¾ teaspoon of baking powder
- Salt

Directions:

1. Melt the butter in a large saucepan and let it cool down slightly then stir into it the cocoa powder.
2. Add in the flour with sugar, baking powder and pinch of salt then mix them until they become smooth.
3. Add in the eggs with honey and whisk the batter until it becomes smooth then fold into it the walnut.
4. Pour the batter into a greased 8 inches cake pan then cover it loosely with a piece of foil.
5. Pour 1 ½ cup of water in an instant pot and lower in it a trivet then place the cake on it.
6. Put on the lid and cook the cake for 35 min on high pressure then use the natural method to release the pressure.
7. Refrigerate the cake until it cools down completely then serve it and enjoy.

Chocolate Chip Banana Cake

(Prep Time: 25 min | Cooking Time: 25 min | Servings 6 to 8)

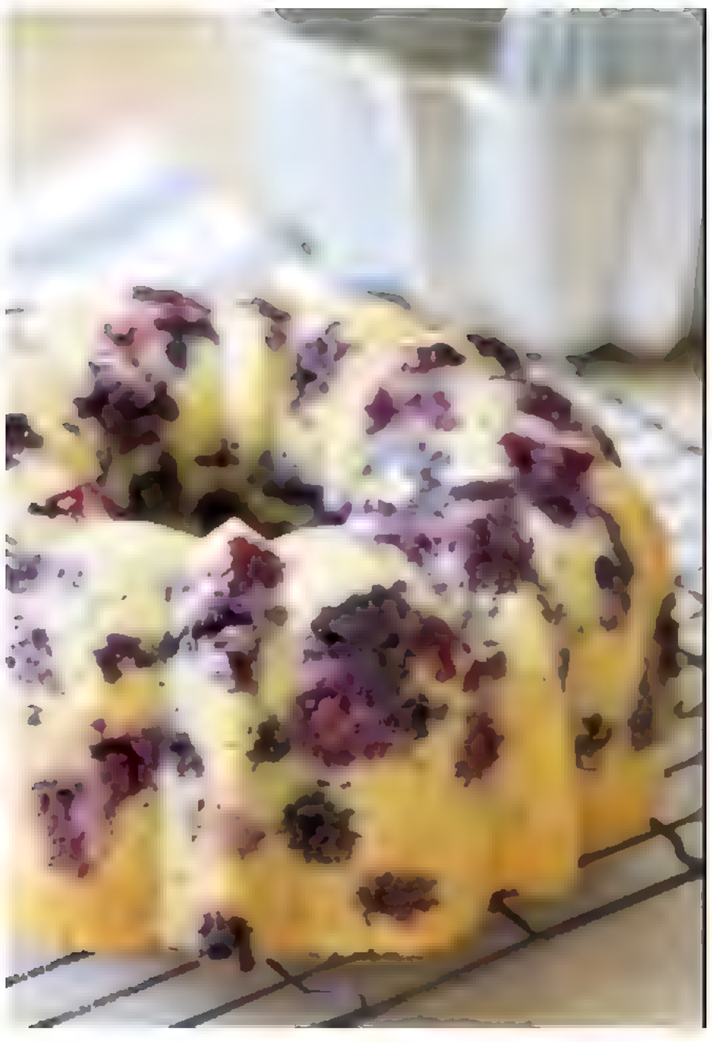
Ingredients:

- 1 ½ cup of purpose flour
- 2 ripe bananas, peeled
- ½ cup and 2 tablespoons of milk
- 1/3 cup of chocolate chips
- ¼ cup of honey
- 2 eggs
- 3 tablespoons of coconut oil
- 1 tablespoon of vinegar
- 1 teaspoon of vanilla extract
- 1 teaspoon of baking soda
- ½ teaspoon of cinnamon powder
- 1/8 teaspoon of nutmeg powder
- Salt

Directions:

1. Stir the vinegar into ½ cup milk in a small bowl then let it sit until it starts to curdle.
2. Mix the milk and vinegar mix with flour, banana, honey and eggs, baking soda, cinnamon and nutmeg powder, vanilla extract, 2 tablespoons of milk and a pinch of salt in a stand mixer or food processor until they become smooth.
3. Fold the chocolate chips into the batter then pour it into a greased baking pan and cover it loosely with a piece of oil.
4. Pour 1 cup of water in an instant pot and lower in it a trivet then place the cake on it.
5. Put on the lid and cook the cake for 25 min on high pressure then use the natural method to release the pressure.

6. Allow the cake to cool down completely then refrigerate it until ready to serve and enjoy.



Blueberry Pudding Cake

(Prep Time: 30 min | Cooking Time: 15 min | Servings 4 to 6)

Ingredients:

- ½ pound of fresh blueberries
- 5 ounces of milk
- 1 cup of plain flour
- ½ cup of granulated sugar
- ½ cup of butter, diced
- 1 egg, lightly beaten
- 2.5 tablespoons of dry breadcrumbs
- 1 ½ teaspoons of baking powder
- Salt

Directions:

1. Combine the flour with a pinch of salt, baking powder and butter then beat them with a mixer until they become smooth.
2. Add in the sugar with breadcrumbs and mix followed by the eggs one at a time while mixing all the time.
3. Fold in the blueberries then pour the batter into a greased baking pan and cover it with a piece of oil.
4. Pour 1 ½ cup of water in an instant pot and lower in it a trivet then place the cake on it.
5. Put on the lid and press the “steam” button then steam the cake for 15 min.
6. Allow the pudding cake to cool down completely then serve it and enjoy.

Lava Cake

(Prep Time: 20 min | Cooking Time: 7 min | Servings 3)

Ingredients:

- 4 tablespoons of purpose flour
- 4 tablespoons of granulated sugar
- 4 tablespoons of milk
- 1 egg
- 2 tablespoons of olive oil
- 1 tablespoon of cocoa powder
- ½ teaspoon of baking powder
- ½ teaspoon of orange zest, grated
- Salt

Directions:

1. Mix the flour with olive oil, orange zest, cocoa powder and baking powder, sugar and milk, egg and a pinch of salt in a mixing bowl until no lumps are found.
2. Pour the batter into 3 greased ramekins.
3. Pour 1 cup of water in an instant pot and lower in it a trivet then place the ramekins on it.
4. Put on the lid and cook the lava cakes for 7 min on high pressure then use the natural method to release the pressure.
5. Allow the lava cakes to cool down completely then serve them and enjoy.

Chocolate Zucchini Cake

(Prep Time: 20 min | Cooking Time: 25 min | Servings 4 to 6)

Ingredients:

- 1 cup of fresh zucchini, grated
- 1 cup of flour
- 1 cup of cane juice, evaporated
- ½ cup of coconut oil
- 1/3 cup of chocolate chips
- 2 eggs
- 3 tablespoons of cocoa powder
- 1 tablespoon of butter, melted
- 2 teaspoons of vanilla extract
- ¾ teaspoon of cinnamon
- ½ teaspoon of baking soda
- Salt

Directions:

1. Mix the cane juice with coconut oil, flour, eggs and flour, baking soda, vanilla, cinnamon and a pinch of salt in a large mixing bowl.
2. Whisk the cocoa powder with melted butter in a small bowl then add it to the flour mix and mix them again until they become smooth.
3. Fold in the grated zucchini then pour the cake batter into a greased baking pan and sprinkle the chocolate chips all over it.
4. Pour 1 cup of water in an instant pot and lower in it a trivet then place the cake on it and cover it loosely with a parchment paper.
5. Put on the lid and cook the cake for 25 min on high pressure then use the natural method to release the pressure.
6. Allow the cake to cool down completely then serve it and enjoy.

Apple Tart

(Prep Time: 25 min | Cooking Time: 25 min | Servings 6 to 8)

Ingredients:

- 1 box of yellow cake
- 4 granny smith apples, sliced
- ¼ cup of butter
- ¼ cup of brown sugar
- ½ teaspoon of cinnamon

Directions:

1. Melt the butter in a large pan then sauté in it the apple slices for 4 min.
2. Whisk the brown sugar with cinnamon a small bowl then add it to the pan and bring it to a boil.
3. Simmer the apple slices for 4 min until they become light brown then turn off the heat and lay them in the bottom of a greased baking pan.
4. Prepare the yellow cake batter according to the directions on the package then pour them all over the apple slices and cover the pan loosely with a piece of foil.
5. Pour 1 cup of water in an instant pot and lower in it a trivet then place the cake on it.
6. Put on the lid and cook the cake for 18 min on high pressure then use the natural method to release the pressure.
7. Allow the cake to cool down completely then serve it and enjoy.

Dulce De Leche

(Prep Time: 15 min | Cooking Time: 18 min | Servings 4)

Ingredients:

- 1 (14 ounces) can of condensed milk, sweetened

Directions:

1. Lower a steamer basket into an instant pot and place the condensed milk in it horizontally.
2. Fill the instant pot water to cover the can while paying attention to the directions of you instant pot.
3. Put on the lid and cook the condensed milk for 18 min on high pressure.
4. Once the time is up, use the natural method to release the pressure then serve your dulce de leche and enjoy.

Mango Cake

(Prep Time: 20 min | Cooking Time: 25 min | Servings 6 to 8)

Ingredients:

- 1 ¼ cup of purpose flour
- ¾ cup of milk
- ½ cup of sugar
- ½ cup of mango purée
- ¼ cup of vegetable oil
- 1 tablespoon of fresh lemon juice
- 1 teaspoon of baking powder
- ¼ teaspoon of baking soda
- Salt

Directions:

1. Whisk the sugar with oil, lemon juice and milk in a mixing bowl until the sugar melts then add the mango purée and mix them again.
2. Mix the baking powder with flour, baking soda and a pinch of salt then stir them into the mango mix until no lumps are found.
3. Pour the batter into a greased baking pan then cover it loosely with a piece of foil.
4. Pour 1 cup of water in an instant pot and lower in it a trivet then place the cake on it.
5. Put on the lid and cook the cake for 25 min on high pressure then use the natural method to release the pressure.
6. Allow the cake to cool down completely then serve it and enjoy.

Dark Chocolate Cake

(Prep Time: 20 min | Cooking Time: 35 min | Servings 4 to 6)

Ingredients:

- ¾ cup of purpose flour
- ½ cup of milk
- ½ cup of sugar
- 3 tablespoons of vegetable oil
- 2 tablespoons of coconut oil
- 1 ½ teaspoon of fresh lemon juice
- 1 teaspoon of vanilla extract
- ½ teaspoon of baking soda
- Salt

Directions:

1. Mix the cocoa powder with flour, baking soda, sugar and a pinch of salt.
2. Whisk the vanilla extract with milk, coconut oil and lemon juice then stir into the flour mix until no lumps are found.
3. Pour the batter into a greased baking pan.
4. Pour 1 cup of water in an instant pot and lower in it a trivet then place the cake on it and cover it loosely with a parchment paper.
5. Put on the lid and cook the cake for 25 to 35 min on high pressure then use the natural method to release the pressure.
6. Allow the cake to cool down completely then serve it and enjoy.

Lime Pudding

(Prep Time: 20 min | Cooking Time: 1 h | Servings 4)

Ingredients:

- 3 cups of toast bread, diced
- 1 cup of almond milk
- 1 cup of sour cream
- 1 cup of ripe banana, sliced
- ½ cup of cane sugar
- 3 egg yolks
- 1 whole egg
- 1 teaspoon of fresh lime zest, grated
- 1 teaspoon of vanilla extract
- Salt

Directions:

1. Beat the egg yolks with egg, a pinch of salt and sour cream in a mixing bowl until they become smooth.
2. Add in the lime zest with vanilla, almond milk and lime zest then mix them again.
3. Stir the banana slices with bread into the milk mix then let it sit for 1h.
4. Pour the mix into 4 soufflé cups.
5. Pour 1 cup of water in an instant pot and lower in it a trivet then place the soufflé cups on it and cover them loosely with a piece of foil.
6. Put on the lid and cook the bread pudding for 25 min on high pressure then use the natural method to release the pressure.
7. Allow your bread pudding to cool down completely then serve it and enjoy.

7.

Caramel Bread Pudding Cake

(Prep Time: 25 min | Cooking Time: 35 | Servings 4)

Ingredients:

- 4 slices of any sandwich bread, diced
- 1 ½ cup of milk
- 6 ½ tablespoons of sugar
- 1 tablespoon of water
- 1 teaspoon of cornstarch
- ½ teaspoon of vanilla extract
- Salt

Directions:

1. Combine the milk with cornstarch and 4 tablespoons of sugar in a saucepan then heat them until the sugar completely dissolves.
2. Turn off the heat and stir in the bread then mash it with a potato mashed or spatula.
3. Stir in the vanilla into the mix then set it aside.
4. Combine the remaining sugar with water in another small saucepan and cook them on low heat while stirring all the time until the mix becomes golden brown to make the caramel.
5. Pour the caramel into a baking dish and swirl it in it gently to coat the bottom and sides of it.
6. Pour the bread mix into the baking dish and spread it then cover it with a piece of foil and make several holes in it.
7. Pour 1 cup of water in an instant pot and lower in it a trivet then place the pudding cake on it.
8. Put on the lid and cook the pudding cake for 25 min on high pressure then use the natural method to release the pressure.
9. Allow the pudding to cool down slightly then serve it and enjoy.

Toffee Pudding

(Prep Time: 35 min | Cooking Time: 30 min | Servings 8)

Ingredients:

- 1 ¼ cup of purpose flour
- 1 ¼ cup of dates, finely chopped
- 1 2/3 cup of dark brown sugar
- ¾ cup of boiling water
- 1/3 cup of whipping cream
- 1/3 and ¼ cup of butter, unsalted
- ¼ cup of blackstrap molasses
- 1 egg
- 2 teaspoons of vanilla extract
- 1 teaspoon of baking powder
- Salt

Directions:

1. Mix the dates with molasses and boiling water in a small bowl then set it aside.
2. Beat ¾ cup of sugar with 1/3 cup of butter in a mixing bowl until they become fluffy then add the egg with 1 teaspoon of vanilla and beat them again until they become smooth.
3. Mix the flour with baking powder and a pinch of salt in a mixing bowl then add it to the sugar mix while beating them all the time followed by the date mix until no lumps are found.
4. Pour the batter into 8 greased ramekins then cover each one of them with a greased piece of oil.
5. Pour 1 cup of water in an instant pot and lower in it a trivet then place the ramekins on it.
6. Put on the lid and cook the toffee pudding for 20 min on high pressure then use the quick method to release the pressure.

7. In the meantime, combine 1 teaspoon of vanilla extract with a ¼ cup of butter and ¾ cup of brown sugar in a saucepan then bring them to a boil on medium heat while stirring them all the time until the sugar dissolves.
8. Lower the heat and simmer them for 5 min to make the caramel sauce.
9. When your puddings are ready, pour the caramel sauce all over them then serve them warm and enjoy.

Classic Vanilla Custard

(Prep Time: 20 min | Cooking Time: 4 min | Servings 3)

Ingredients:

- 2 cups of milk
- 2 eggs
- ¼ cup of granulated sugar
- ½ teaspoon of vanilla extract

Directions:

1. Whisk the eggs with milk, vanilla, sugar and a pinch of salt in a large mixing bowl until they become smooth then pour them 3 ramekins.
2. Pour 1 ½ cup of water in an instant pot and lower in it a trivet then place the custard cups on it and cover them loosely with a piece of foil.
3. Put on the lid and cook the custard for 4 min on high pressure then use the quick method to release the pressure.
4. Remove the custard cups from the pot and allow them to cool down completely then wrap them in a plastic wrap and refrigerate them for 4 h to an overnight.
5. Serve the custard with your favorite toppings and enjoy.

Conclusion

Thank you again for downloading this book! I really do hope you found the recipes as tasty and mouth watering as I did.